



Winterlaufserie des ELV 2013
Creuzburg / 27.01.2013

Detailed evaluation

Heintze, Kai

Club: Hainichläufer Mühlhausen
Number: 571

Course: 11.30 km
1. Lauf Langdistanz

Category:
Senioren M45 (45-49 Jahre)

Total time: 51:18

Speed: 12.87 km/h
Running performance: 4:32 min/km

Rank in course/Total: 27 (of 67)

Rank in course/Men: 25 (of 49)

Best time in course: 42:51

Rank in category: 4(of 10)

Best time in the category: 42:51