



Winterlaufserie des ELV 2013
Creuzburg / 24.02.2013

Detailed evaluation

Heintze, Kai

Club: Hainichläufer
Number: 659

Course: 11.30 km
2. Lauf Langdistanz

Category:
Senioren M45 (45-49 Jahre)

Total time: 48:57

Speed: 13.48 km/h
Running performance: 4:20 min/km

Rank in course/Total: 23 (of 80)

Rank in course/Men: 22 (of 64)

Best time in course: 41:21

Rank in category: 5(of 12)

Best time in the category: 43:42