



Bezirksmeisterschaften Halle Crosslauf  
Sangerhausen/ OT Grillenberg / 06.04.2013

Detailed evaluation

Heinrich, Nino

Club: SV Lokomotive Aschersleben  
Number: 320

Course: 3.00 km  
3 km Lauf

Category:  
männliche Jugend M14

Total time: 17:17

Speed: 10.41 km/h  
Running performance: 5:46 min/km

Rank in course/Total: 15 (of 19)

Rank in course/Men: 12 (of 14)

Best time in course: 13:25

Rank in category: 4(of 6)

Best time in the category: 13:37