



3Türmelauf  
Bad Langensalza / 21.04.2013

Detailed evaluation

Heintze, Kai

Club: Hainichläufer Mühlhausen  
Number: 172

Course: 12.50 km  
12,5 km-Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 55:56

Speed: 12.87 km/h  
Running performance: 4:28 min/km

Rank in course/Total: 21 (of 148)

Rank in course/Men: 21 (of 114)

Best time in course: 43:53

Rank in category: 6(of 22)

Best time in the category: 48:38