



Dorflauf Helmscheid  
Korbach-Helmscheid / 08.06.2013

## Detailed evaluation

**Stracke, Heinrich**

Club: TSV Goddelsheim  
Number: 257

Course: 10.00 km  
10,0 km Hauptlauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 47:41

Speed: 12.58 km/h  
Running performance: 4:46 min/km

Rank in course/Total: 5 (of 12)

Rank in course/Men: 4 (of 11)

Best time in course: 40:03

Rank in category: 1(of 4)

Best time in the category: 47:41