



2. Creuzburger Stadtlauf
Creuzburg / 29.06.2013

Detailed evaluation

Heintze, Kai

Club: Hainichläufer
Number: 162

Course: 13.50 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:02:53

Speed: 12.40 km/h
Running performance: 4:40 min/km

Rank in course/Total: 17 (of 82)

Rank in course/Men: 16 (of 64)

Best time in course: 48:15

Rank in category: 3(of 13)

Best time in the category: 56:43