



2. Creuzburger Stadtlauf
Creuzburg / 29.06.2013

Detailed evaluation

Heinemann, Marcus

Club: Creuzburg
Number: 405

Course: 5.00 km
Kurzdistanz

Category:
Senioren M30 (30-34 Jahre)

Total time: 24:01

Speed: 12.49 km/h
Running performance: 4:48 min/km

Rank in course/Total: 17 (of 62)

Rank in course/Men: 16 (of 40)

Best time in course: 19:37

Rank in category: 2(of 3)

Best time in the category: 22:03