



4. Winterlaufserie 2014, Lauf 1
Creuzburg / 26.01.2014

Detailed evaluation

Heller, Detlev

Club: Bad Liebenstein
Number: 974

Course: 5.50 km
Kurzdistanz

Category:
Senioren M50 (50-54 Jahre)

Total time: 27:55

Speed: 10.75 km/h
Running performance: 5:05 min/km

Rank in course/Total: 15 (of 46)

Rank in course/Men: 12 (of 30)

Best time in course: 21:16

Rank in category: 2(of 2)

Best time in the category: 27:17