



4. Winterlaufserie 2014, Lauf 1  
Creuzburg / 26.01.2014

Detailed evaluation

Helbig, Hans-Peter

Club: Stedtfelder Rennsteigfreunde  
Number: 981

Course: 5.50 km  
Kurzdistanz

Category:  
Senioren M70 (70-74 Jahre)

Total time: 34:04

Speed: 8.81 km/h  
Running performance: 6:11 min/km

Rank in course/Total: 35 (of 46)

Rank in course/Men: 24 (of 30)

Best time in course: 21:16

Rank in category: 3(of 5)

Best time in the category: 32:18