



4. Winterlaufserie 2014, Lauf 1
Creuzburg / 26.01.2014

Detailed evaluation

Heinzeroth, Jörg

Club: Werratal-Runners
Number: 987

Course: 11.30 km
Langdistanz

Category:
Senioren M45 (45-49 Jahre)

Total time: 52:25

Speed: 12.59 km/h
Running performance: 4:38 min/km

Rank in course/Total: 20 (of 79)

Rank in course/Men: 19 (of 62)

Best time in course: 43:14

Rank in category: 3(of 11)

Best time in the category: 48:17