



4. Winterlaufserie 2014, Lauf 1  
Creuzburg / 26.01.2014

Detailed evaluation

Heiter, Denny

Club: ISA Runners  
Number: 875

Course: 11.30 km  
Langdistanz

Category:  
Männer (20-29 Jahre)

Total time: 56:14

Speed: 11.74 km/h  
Running performance: 4:59 min/km

Rank in course/Total: 39 (of 79)

Rank in course/Men: 38 (of 62)

Best time in course: 43:14

Rank in category: 4(of 5)

Best time in the category: 45:16