



4. Winterlaufserie 2014, Lauf 1  
Creuzburg / 26.01.2014

Detailed evaluation

Hess, Danny

Club: Eisenach  
Number: 976

Course: 11.30 km  
Langdistanz

Category:  
Senioren M40 (40-44 Jahre)

Total time: 56:21

Speed: 11.71 km/h  
Running performance: 4:59 min/km

Rank in course/Total: 41 (of 79)

Rank in course/Men: 40 (of 62)

Best time in course: 43:14

Rank in category: 12(of 14)

Best time in the category: 43:14