



4. Winterlaufserie 2014, Lauf 2  
Creuzburg / 23.02.2014

Detailed evaluation

Helbig, Hans-Peter

Club: Stedtfelder Rennsteigfreunde  
Number: 34

Course: 5.50 km  
Kurzdistanz

Category:  
Senioren M70 (70-74 Jahre)

Total time: 32:40

Speed: 9.18 km/h  
Running performance: 5:56 min/km

Rank in course/Total: 37 (of 48)

Rank in course/Men: 26 (of 32)

Best time in course: 19:29

Rank in category: 2(of 4)

Best time in the category: 29:46