



4. Winterlaufserie 2014, Lauf 2  
Creuzburg / 23.02.2014

Detailed evaluation

Hesse, Uwe

Club: Physio K.Hesse  
Number: 28

Course: 11.30 km  
Langdistanz

Category:  
Senioren M55 (55-59 Jahre)

Total time: 46:21

Speed: 14.63 km/h  
Running performance: 4:06 min/km

Rank in course/Total: 17 (of 75)

Rank in course/Men: 17 (of 62)

Best time in course: 37:29

Rank in category: 1(of 6)

Best time in the category: 46:21