



4. Winterlaufserie 2014, Lauf 2
Creuzburg / 23.02.2014

Detailed evaluation

Heintze, Kai

Club: Hainichläufer

Number: 9

Course: 11.30 km

Langdistanz

Category:

Senioren M45 (45-49 Jahre)

Total time: 52:07

Speed: 12.66 km/h

Running performance: 4:37 min/km

Rank in course/Total: 39 (of 75)

Rank in course/Men: 37 (of 62)

Best time in course: 37:29

Rank in category: 2(of 3)

Best time in the category: 48:06