



4. Winterlaufserie 2014, Lauf 3
Creuzburg / 30.03.2014

Detailed evaluation

Heiter, Denny

Club: ISA Runners

Number: 94

Course: 11.30 km

Langdistanz

Category:

Männer (20-29 Jahre)

Total time: 54:38

Speed: 12.08 km/h

Running performance: 4:50 min/km

Rank in course/Total: 44 (of 62)

Rank in course/Men: 40 (of 54)

Best time in course: 40:41

Rank in category: 4(of 4)

Best time in the category: 40:41