



4. Winterlaufserie 2014, Lauf 3
Creuzburg / 30.03.2014

Detailed evaluation

Heller, Detlev

Club: Bad Liebenstein
Number: 46

Course: 5.50 km
Kurzdistanz

Category:
Senioren M50 (50-54 Jahre)

Total time: 26:13

Speed: 11.44 km/h
Running performance: 4:46 min/km

Rank in course/Total: 28 (of 58)

Rank in course/Men: 24 (of 38)

Best time in course: 19:02

Rank in category: 2(of 2)

Best time in the category: 24:26