



4. Winterlaufserie 2014, Lauf 3
Creuzburg / 30.03.2014

Detailed evaluation

Helbig, Hans-Peter

Club: Stedtfelder Rennsteigfreunde
Number: 50

Course: 5.50 km
Kurzdistanz

Category:
Senioren M70 (70-74 Jahre)

Total time: 32:17

Speed: 9.29 km/h
Running performance: 5:52 min/km

Rank in course/Total: 50 (of 58)

Rank in course/Men: 33 (of 38)

Best time in course: 19:02

Rank in category: 2(of 4)

Best time in the category: 29:01