



4. Winterlaufserie 2014, Lauf 3  
Creuzburg / 30.03.2014

Detailed evaluation

Hesse, Uwe

Club: Physio K.Hesse  
Number: 111

Course: 11.30 km  
Langdistanz

Category:  
Senioren M55 (55-59 Jahre)

Total time: 44:52

Speed: 14.71 km/h  
Running performance: 3:58 min/km

Rank in course/Total: 9 (of 62)

Rank in course/Men: 9 (of 54)

Best time in course: 40:41

Rank in category: 2(of 7)

Best time in the category: 43:08