



4. Winterlaufserie 2014, Lauf 3  
Creuzburg / 30.03.2014

Detailed evaluation

Hantzsch, Helmut

Club: The Rennsteig Runners  
Number: 44

Course: 5.50 km  
Kurzdistanz

Category:  
Senioren M65 (65-69 Jahre)

Total time: 22:49

Speed: 13.15 km/h  
Running performance: 4:09 min/km

Rank in course/Total: 9 (of 58)

Rank in course/Men: 9 (of 38)

Best time in course: 19:02

Rank in category: 1(of 3)

Best time in the category: 22:49