



4. Winterlaufserie 2014, Lauf 3
Creuzburg / 30.03.2014

Detailed evaluation

Heintze, Kai

Club: Hainichläufer Mühlhausen
Number: 112

Course: 11.30 km
Langdistanz

Category:
Senioren M45 (45-49 Jahre)

Total time: 52:39

Speed: 12.54 km/h
Running performance: 4:40 min/km

Rank in course/Total: 36 (of 62)

Rank in course/Men: 34 (of 54)

Best time in course: 40:41

Rank in category: 4(of 8)

Best time in the category: 44:59