



3. Creuzburger Stadtlauf  
Creuzburg / 28.06.2014

Detailed evaluation

Helms, Dieter

Club: Unterpörlitz  
Number: 837

Course: 13.50 km  
Hauptlauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:20:56

Speed: 9.64 km/h  
Running performance: 6:00 min/km

Rank in course/Total: 82 (of 100)

Rank in course/Men: 68 (of 80)

Best time in course: 51:48

Rank in category: 9(of 11)

Best time in the category: 57:22