



### 3. Creuzburger Stadtlauf Creuzburg / 28.06.2014

#### Detailed evaluation

**Münch, Heiko**

Club: sc-impuls Erfurt  
Number: 796

Course: 13.50 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 59:05

Speed: 13.20 km/h  
Running performance: 4:23 min/km

Rank in course/Total: 15 (of 100)

Rank in course/Men: 15 (of 80)

Best time in course: 51:48

Rank in category: 3(of 16)

Best time in the category: 56:00