



4. Creuzburger Stadtlauf

Creuzburg / 27.06.2015

Detailed evaluation

Heinemann, Marcus

Club: SV Blau Weiss 90 Creuzburg

Number: 521

Course: 5.00 km

Kurzdistanz

Category:

Senioren M30 (30-34 Jahre)

Total time: 23:11

Speed: 12.94 km/h

Running performance: 4:38 min/km

Rank in course/Total: 7 (of 24)

Rank in course/Men: 7 (of 16)

Best time in course: 19:14

Rank in category: 2(of 2)

Best time in the category: 19:14