



Winterlaufserie 2015 / 3.Lauf  
Creuzburg / 29.03.2015

Detailed evaluation

Heiter, Denny

Club: ISA Runners  
Number: 185

Course: 5.50 km  
Kurzdistanz

Category:  
Senioren M30 (30-34 Jahre)

Total time: 26:35

Speed: 11.29 km/h  
Running performance: 4:50 min/km

Rank in course/Total: 39 (of 100)

Rank in course/Men: 17 (of 74)

Best time in course: 20:25

Rank in category: 3(of 12)

Best time in the category: 25:13