



Winterlaufserie 2015 / 3.Lauf  
Creuzburg / 29.03.2015

Detailed evaluation

Hesse, Uwe

Club: Physio K.Hesse  
Number: 338

Course: 11.30 km  
Langdistanz

Category:  
Senioren M55 (55-59 Jahre)

Total time: 45:43

Speed: 14.44 km/h  
Running performance: 4:03 min/km

Rank in course/Total: 19 (of 98)

Rank in course/Men: 10 (of 82)

Best time in course: 39:49

Rank in category: 1(of 4)

Best time in the category: 45:43