



5. Creuzburger Stadtlauf  
Creuzburg / 25.06.2016

Detailed evaluation

Münch, Heiko

Club: sc impuls Erfurt  
Number: 355

Course: 13.70 km  
Hauptlauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:16:23

Speed: 10.76 km/h  
Running performance: 5:35 min/km

Rank in course/Total: 66 (of 110)

Rank in course/Men: 53 (of 81)

Best time in course: 52:44

Rank in category: 8(of 12)

Best time in the category: 57:55