



1.Lauf - Winterlaufserie 2016 des Eisenacher LV  
Creuzburg / 31.01.2016

Detailed evaluation

Heiter, Denny

Club: ISA Runners  
Number: 236

Course: 5.50 km  
Kurzdistanz

Category:  
Senioren M30 (30-34 Jahre)

Total time: 27:39

Speed: 10.85 km/h  
Running performance: 5:02 min/km

Rank in course/Total: 18 (of 49)

Rank in course/Men: 16 (of 35)

Best time in course: 20:26

Rank in category: 1(of 2)

Best time in the category: 27:39