



3.Lauf - Winterlaufserie 2016 des Eisenacher LV  
Creuzburg / 20.03.2016

Detailed evaluation

Heiter, Denny

Club: ISA Runners  
Number: 288

Course: 5.50 km  
Kurzdistanz

Category:  
Senioren M30 (30-34 Jahre)

Total time: 30:18

Speed: 9.90 km/h  
Running performance: 5:31 min/km

Rank in course/Total: 37 (of 51)

Rank in course/Men: 25 (of 32)

Best time in course: 19:37

Rank in category: 2(of 2)

Best time in the category: 28:07