



# Frühjahrs-cross im Steigerwald

Erfurt / 25.03.2017

## Detailed evaluation

**HEITER, Kai**

Club: TEAM AR Sport

Number: 1854

Course: 8.00 km

8km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 44:01

Speed: 10.90 km/h

Running performance: 5:30 min/km

Rank in course/Total: 27 (of 65)

Rank in course/Men: 24 (of 44)

Best time in course: 27:30

Rank in category: 5(of 7)

Best time in the category: 36:42