



3.Lauf - Winterlaufserie 2017 des Eisenacher LV  
Creuzburg / 26.03.2017

Detailed evaluation

Goede, Heiko

Club: SC Motor Zella-Mehlis  
Number: 744

Course: 11.30 km  
Langdistanz

Category:  
Senioren M45 (45-49 Jahre)

Total time: 44:09

Speed: 15.36 km/h  
Running performance: 3:55 min/km

Rank in course/Total: 8 (of 71)

Rank in course/Men: 8 (of 59)

Best time in course: 36:56

Rank in category: 1(of 11)

Best time in the category: 44:09