



7. Pollmeier-Lauf Creuzburg  
Creuzburg / 03.05.2008

Detailed evaluation

Koch, Markus

Club: Laufclub Erfurt  
Number: 6

Course: 19.50 km  
15 km Lauf

Category:  
Männer M20

Total time: 1:01:15

Speed: 18.61 km/h  
Running performance: 3:08 min/km

Rank in course/Total: 3 (of 105)

Rank in course/Men: 3 (of 87)

Best time in course: 1:00:19

Rank in category: 2(of 15)

Best time in the category: 1:00:19