



7. Pollmeier-Lauf Creuzburg
Creuzburg / 03.05.2008

Detailed evaluation

Plafki, Christian

Club: VFL Wanfried
Number: 33

Course: 19.50 km
15 km Lauf

Category:
Männer M30

Total time: 1:36:28

Speed: 11.82 km/h
Running performance: 4:57 min/km

Rank in course/Total: 65 (of 105)

Rank in course/Men: 60 (of 87)

Best time in course: 1:00:19

Rank in category: 8(of 9)

Best time in the category: 1:00:45