



7. Pollmeier-Lauf Creuzburg  
Creuzburg / 03.05.2008

Detailed evaluation

**Balash, Udo**

Club: Kittelsthal  
Number: 70

Course: 19.50 km  
15 km Lauf

Category:  
Männer M45

Total time: 1:36:49

Speed: 11.77 km/h  
Running performance: 4:58 min/km

Rank in course/Total: 66 (of 105)

Rank in course/Men: 61 (of 87)

Best time in course: 1:00:19

Rank in category: 12(of 12)

Best time in the category: 1:16:49