



29. Wartburglauf  
Eisenach / 28.09.2008

## Detailed evaluation

Heilwagen, Dieter

Club: Wutha-Farnroda  
Number: 144

Course: 12.50 km  
Hauptlauf

Category:  
Männer M45

Total time: 1:13:02

Speed: 9.86 km/h  
Running performance: 5:50 min/km

Rank in course/Total: 207 (of 245)

Rank in course/Men: 179 (of 196)

Best time in course: 41:01

Rank in category: 31(of 31)

Best time in the category: 47:21