



15. Hainich-Lauf
Mihla / 16.08.2009

Detailed evaluation

Plötz, Heiko

Club: Mühlhausen
Number: 94

Course: 13.00 km
Mittelstrecke

Category:
Männer M40

Total time: 1:11:04

Speed: 10.98 km/h
Running performance: 5:28 min/km

Rank in course/Total: 52 (of 101)

Rank in course/Men: 47 (of 77)

Best time in course: 51:48

Rank in category: 12(of 17)

Best time in the category: 53:34