



30. Wartburglauf Eisenach
Eisenach / 27.09.2009

Detailed evaluation

Plötz, Heiko

Club: Mühlhausen
Number: 175

Course: 12.50 km
Hauptlauf

Category:
Männer M40

Total time: 1:00:35

Speed: 11.88 km/h
Running performance: 4:51 min/km

Rank in course/Total: 134 (of 297)

Rank in course/Men: 123 (of 234)

Best time in course: 42:14

Rank in category: 24(of 39)

Best time in the category: 48:52