



30. Wartburglauf Eisenach
Eisenach / 27.09.2009

Detailed evaluation

Heise, Ralf

Club: sc impuls erfurt e.V.
Number: 145

Course: 12.50 km
Hauptlauf

Category:
Männer M30

Total time: 1:01:42

Speed: 11.67 km/h
Running performance: 4:56 min/km

Rank in course/Total: 148 (of 297)

Rank in course/Men: 136 (of 234)

Best time in course: 42:14

Rank in category: 14(of 20)

Best time in the category: 47:33