



30. Wartburglauf Eisenach

Eisenach / 27.09.2009

Detailed evaluation

Heidenrich, Ronald

Club: Bosch Eisenach

Number: 56

Course: 12.50 km

Hauptlauf

Category:

Männer M45

Total time: 1:08:28

Speed: 10.52 km/h

Running performance: 5:29 min/km

Rank in course/Total: 224 (of 297)

Rank in course/Men: 196 (of 234)

Best time in course: 42:14

Rank in category: 37(of 42)

Best time in the category: 48:26