



30. Wartburglauf Eisenach

Eisenach / 27.09.2009

Detailed evaluation

Münch, Heiko

Club: sc impuls erfurt e.V.

Number: 193

Course: 12.50 km

Hauptlauf

Category:

Männer M40

Total time: 52:05

Speed: 14.40 km/h

Running performance: 4:10 min/km

Rank in course/Total: 42 (of 297)

Rank in course/Men: 41 (of 234)

Best time in course: 42:14

Rank in category: 8(of 39)

Best time in the category: 48:52