



Pollmeierlauf Creuzburg  
Creuzburg / 24.04.2010

## Detailed evaluation

Höhn, Jörg

Club: SV 1899 Mühlhausen  
Number: 69

Course: 14.14 km  
14 km-Lauf

Category:  
Männer M45

Total time: 1:08:50

Speed: 12.20 km/h  
Running performance: 4:52 min/km

Rank in course/Total: 27 (of 73)

Rank in course/Men: 26 (of 59)

Best time in course: 53:22

Rank in category: 3(of 11)

Best time in the category: 1:02:43