



Pollmeierlauf Creuzburg
Creuzburg / 24.04.2010

Detailed evaluation

Plötz, Heiko

Club: Mühlhausen
Number: 27

Course: 14.14 km
14 km-Lauf

Category:
Männer M40

Total time: 1:10:26

Speed: 11.93 km/h
Running performance: 4:59 min/km

Rank in course/Total: 32 (of 73)

Rank in course/Men: 31 (of 59)

Best time in course: 53:22

Rank in category: 13(of 17)

Best time in the category: 53:22