



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