



Pollmeierlauf Creuzburg  
Creuzburg / 24.04.2010

## Detailed evaluation

**Nothnagel, Uwe**

Club: Fitnessoase Ohrdruf  
Number: 55

Course: 14.14 km  
14 km-Lauf

Category:  
Männer M40

Total time: 1:16:50

Speed: 10.93 km/h  
Running performance: 5:26 min/km

Rank in course/Total: 49 (of 73)

Rank in course/Men: 45 (of 59)

Best time in course: 53:22

Rank in category: 16(of 17)

Best time in the category: 53:22