



Pollmeierlauf Creuzburg  
Creuzburg / 24.04.2010

## Detailed evaluation

**Hopf, Thomas**

Club: Fitness Oase Ohrdruf  
Number: 54

Course: 14.14 km  
14 km-Lauf

Category:  
Männer M45

Total time: 1:20:05

Speed: 10.49 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 55 (of 73)

Rank in course/Men: 49 (of 59)

Best time in course: 53:22

Rank in category: 9(of 11)

Best time in the category: 1:02:43