



7. Breitunger Pleßlauf  
Breitungen / 22.08.2010

Detailed evaluation

Plötz, Heiko

Club: Mühlhausen  
Number: 109

Course: 10.50 km  
10,5 km-Lauf

Category:  
Männer M40

Total time: 59:20

Speed: 10.11 km/h  
Running performance: 5:39 min/km

Rank in course/Total: 85 (of 138)

Rank in course/Men: 71 (of 100)

Best time in course: 36:38

Rank in category: 12(of 15)

Best time in the category: 42:30