



Winterlaufserie des Eisenacher LV/ 1. Lauf
Creuzburg (Stiftsgut Wilhelmglücksbrunn - Saline) / 30.01.2011

Detailed evaluation

PLÖTZ, Heiko

Club: Cacheteam Mühlhausen
Number: 103

Course: 12.30 km
Langdistanz

Category:
Männer M40

Total time: 58:50

Speed: 12.24 km/h
Running performance: 4:47 min/km

Rank in course/Total: 29 (of 56)

Rank in course/Men: 29 (of 48)

Best time in course: 40:18

Rank in category: 6(of 8)

Best time in the category: 53:17