



Winterlaufserie des Eisenacher LV/ 3. Lauf
Creuzburg (Stiftsgut Wilhelmglücksbrunn - Saline) / 27.03.2011

Detailed evaluation

Plötz, Heiko

Club: Cacheteam Mühlhausen
Number: 271

Course: 12.30 km
Langdistanz

Category:
Männer M40

Total time: 56:17

Speed: 12.79 km/h
Running performance: 4:35 min/km

Rank in course/Total: 16 (of 42)

Rank in course/Men: 16 (of 34)

Best time in course: 39:52

Rank in category: 4(of 6)

Best time in the category: 50:07