



17. Hainichlauf  
Mihla / 26.06.2011

## Detailed evaluation

**Plötz, Heiko**

Club: Mühlhausen  
Number: 203

Course: 13.00 km  
Mittelstrecke

Category:  
Männer M40

Total time: 1:05:32

Speed: 11.90 km/h  
Running performance: 5:02 min/km

Rank in course/Total: 48 (of 98)

Rank in course/Men: 43 (of 72)

Best time in course: 45:40

Rank in category: 8(of 11)

Best time in the category: 55:45