



Winterlaufserie 2012, 1. Lauf
Creuzburg / 29.01.2012

Detailed evaluation

Plötz, Heiko

Club: Mühlhausen
Number: 290

Course: 11.30 km
Langdistanz

Category:
Senioren M40 (40-44 Jahre)

Total time: 53:09

Speed: 12.42 km/h
Running performance: 4:42 min/km

Rank in course/Total: 42 (of 81)

Rank in course/Men: 40 (of 68)

Best time in course: 37:22

Rank in category: 9(of 13)

Best time in the category: 43:51