



Winterlaufserie 2012, 2. Lauf
Creuzburg / 26.02.2012

Detailed evaluation

Plötz, Heiko

Club: Mühlhausen

Number: 372

Course: 11.30 km

Langdistanz

Category:

Senioren M40 (40-44 Jahre)

Total time: 51:05

Speed: 12.92 km/h

Running performance: 4:31 min/km

Rank in course/Total: 39 (of 102)

Rank in course/Men: 38 (of 79)

Best time in course: 37:05

Rank in category: 9(of 13)

Best time in the category: 43:58