



Winterlaufserie 2012, 3. Lauf  
Creuzburg / 25.03.2012

Detailed evaluation

Plötz, Heiko

Club: HSV Tor zum Hainich  
Number: 477

Course: 11.30 km  
Langdistanz

Category:  
Senioren M40 (40-44 Jahre)

Total time: 51:42

Speed: 12.77 km/h  
Running performance: 4:35 min/km

Rank in course/Total: 30 (of 68)

Rank in course/Men: 30 (of 54)

Best time in course: 36:48

Rank in category: 8(of 11)

Best time in the category: 42:49