



18. Hainich-Lauf  
Mihla / 01.05.2012

## Detailed evaluation

**Plötz, Heiko**

Club: HSV Tor zum Hainich  
Number: 203

Course: 13.00 km  
Mittelstrecke

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:03:57

Speed: 12.20 km/h  
Running performance: 4:55 min/km

Rank in course/Total: 35 (of 102)

Rank in course/Men: 33 (of 82)

Best time in course: 45:06

Rank in category: 7(of 9)

Best time in the category: 58:22