



Winterlaufserie des ELV 2013
Creuzburg / 27.01.2013

Detailed evaluation

Plötz, Heiko

Club: HSV Tor zum Hainich
Number: 544

Course: 11.30 km
1. Lauf Langdistanz

Category:
Senioren M45 (45-49 Jahre)

Total time: 54:07

Speed: 12.20 km/h
Running performance: 4:47 min/km

Rank in course/Total: 36 (of 67)

Rank in course/Men: 31 (of 49)

Best time in course: 42:51

Rank in category: 7(of 10)

Best time in the category: 42:51