



34. Wartburglauf  
Eisenach / 29.09.2013

## Detailed evaluation

**Münch, Heiko**

Club: sc-impuls Erfurt  
Number: 102

Course: 12.50 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 52:05

Speed: 13.82 km/h  
Running performance: 4:10 min/km

Rank in course/Total: 22 (of 254)

Rank in course/Men: 22 (of 186)

Best time in course: 45:36

Rank in category: 2(of 36)

Best time in the category: 51:21