



## 30. Wartburglauf Eisenach

Eisenach / 27.09.2009

### Detailed evaluation

**Plötz, Heiko**

Club: Mühlhausen

Number: 175

Course: 12.50 km

Hauptlauf

Category:

Männer M40

Total time: 1:00:35

Speed: 12.38 km/h

Running performance: 4:51 min/km

Rank in course/Total: 134 (of 297)

Rank in course/Men: 123 (of 234)

Best time in course: 42:14

Rank in category: 24 (of 39)

Best time in the category: 48:52