



## 30. Wartburglauf Eisenach

Eisenach / 27.09.2009

### Detailed evaluation

Ludwig, Frank

Club: Team Deura-Haus

Number: 255

Course: 12.50 km

Hauptlauf

Category:

Männer M45

Total time: 1:03:21

Speed: 11.84 km/h

Running performance: 5:04 min/km

Rank in course/Total: 168 (of 297)

Rank in course/Men: 153 (of 234)

Best time in course: 42:14

Rank in category: 30 (of 42)

Best time in the category: 48:26