



5. Breitunger Pleßlauf
Breitungen / 24.08.2008

Detailed evaluation

Plafki, Christian

Club: VFL Wanfried
Number: 102

Course: 10.50 km
10.5 km-Lauf

Category:
Männer M30

Total time: 49:19

Speed: 12.17 km/h
Running performance: 4:42 min/km

Rank in course/Total: 32 (of 95)

Rank in course/Men: 29 (of 64)

Best time in course: 37:52

Rank in category: 5(of 7)

Best time in the category: 42:05