



5. Breitunger Pleßlauf  
Breitungen / 24.08.2008

Detailed evaluation

Lettau, Heiko

Club: ARKADE Gesundheitszentrum  
Number: 219

Course: 10.50 km  
10.5 km-Lauf

Category:  
Männer M45

Total time: 54:08

Speed: 11.64 km/h  
Running performance: 5:10 min/km

Rank in course/Total: 55 (of 95)

Rank in course/Men: 48 (of 64)

Best time in course: 37:52

Rank in category: 9(of 10)

Best time in the category: 44:18