



5. Breitunger Pleßlauf
Breitungen / 24.08.2008

Detailed evaluation

Rudolph, Bernd

Club: Breitungen

Number: 249

Course: 10.50 km

10.5 km-Lauf

Category:

Männer M45

Total time: 57:27

Speed: 10.44 km/h

Running performance: 5:28 min/km

Rank in course/Total: 67 (of 95)

Rank in course/Men: 57 (of 64)

Best time in course: 37:52

Rank in category: 10(of 10)

Best time in the category: 44:18