



5. Breitunger Pleßlauf  
Breitungen / 24.08.2008

Detailed evaluation

Rödel, Jörg

Club: SV Mihla  
Number: 115

Course: 10.50 km  
10.5 km-Lauf

Category:  
Männer M60

Total time: 59:10

Speed: 10.14 km/h  
Running performance: 5:38 min/km

Rank in course/Total: 72 (of 95)

Rank in course/Men: 59 (of 64)

Best time in course: 37:52

Rank in category: 4(of 4)

Best time in the category: 49:42