



5. Breitunger Pleßlauf  
Breitungen / 24.08.2008

Detailed evaluation

Sievers, Kai

Club: Sportteam Steinbach Meiningen  
Number: 225

Course: 10.50 km  
10.5 km-Lauf

Category:  
Männer M30

Total time: 44:38

Speed: 13.44 km/h  
Running performance: 4:15 min/km

Rank in course/Total: 14 (of 95)

Rank in course/Men: 12 (of 64)

Best time in course: 37:52

Rank in category: 3(of 7)

Best time in the category: 42:05