



7. Breitunger Pleßlauf
Breitungen / 22.08.2010

Detailed evaluation

Henning, Jürgen

Club: Spvgg Faulungen
Number: 227

Course: 10.50 km
10,5 km-Lauf

Category:
Männer M45

Total time: 52:38

Speed: 11.40 km/h
Running performance: 5:01 min/km

Rank in course/Total: 44 (of 138)

Rank in course/Men: 38 (of 100)

Best time in course: 36:38

Rank in category: 4(of 11)

Best time in the category: 46:31