



7. Breitunger Pleßlauf  
Breitungen / 22.08.2010

Detailed evaluation

Jung, Ralf

Club: KC 96 Wernshausen  
Number: 119

Course: 10.50 km  
10,5 km-Lauf

Category:  
Männer M45

Total time: 56:04

Speed: 10.70 km/h  
Running performance: 5:20 min/km

Rank in course/Total: 64 (of 138)

Rank in course/Men: 51 (of 100)

Best time in course: 36:38

Rank in category: 5(of 11)

Best time in the category: 46:31