



7. Breitunger Pleßlauf  
Breitungen / 22.08.2010

Detailed evaluation

Hennig, Bernhard

Club: SV Mihla  
Number: 128

Course: 10.50 km  
10,5 km-Lauf

Category:  
Männer M60

Total time: 57:48

Speed: 10.38 km/h  
Running performance: 5:30 min/km

Rank in course/Total: 78 (of 138)

Rank in course/Men: 64 (of 100)

Best time in course: 36:38

Rank in category: 6(of 9)

Best time in the category: 49:39