



7. Breitunger Pleßlauf
Breitungen / 22.08.2010

Detailed evaluation

Ellerkamm, Jürgen

Club: SV Kyffhäuser
Number: 133

Course: 10.50 km
10,5 km-Lauf

Category:
Männer M70

Total time: 57:49

Speed: 10.38 km/h
Running performance: 5:31 min/km

Rank in course/Total: 79 (of 138)

Rank in course/Men: 65 (of 100)

Best time in course: 36:38

Rank in category: 3(of 3)

Best time in the category: 49:37