



7. Breitunger Pleßlauf  
Breitungen / 22.08.2010

Detailed evaluation

Rübsam, Klaus-Dieter

Club: Ausdauerarena Immelborn  
Number: 120

Course: 10.50 km  
10,5 km-Lauf

Category:  
Männer M50

Total time: 1:13:42

Speed: 8.14 km/h  
Running performance: 7:01 min/km

Rank in course/Total: 128 (of 138)

Rank in course/Men: 94 (of 100)

Best time in course: 36:38

Rank in category: 7(of 7)

Best time in the category: 44:03