



7. Breitunger Pleßlauf
Breitungen / 22.08.2010

Detailed evaluation

Sievers, Kai

Club: Sportteam-STEINBACH Meiningen
Number: 207

Course: 10.50 km
10,5 km-Lauf

Category:
Männer M30

Total time: 46:42

Speed: 12.85 km/h
Running performance: 4:27 min/km

Rank in course/Total: 19 (of 138)

Rank in course/Men: 18 (of 100)

Best time in course: 36:38

Rank in category: 2(of 6)

Best time in the category: 43:45