



7. Breitunger Pleßlauf
Breitungen / 22.08.2010

Detailed evaluation

Jakob, Thomas

Club: Lutter
Number: 245

Course: 10.50 km
10,5 km-Lauf

Category:
Männer M40

Total time: 47:31

Speed: 12.63 km/h
Running performance: 4:32 min/km

Rank in course/Total: 22 (of 138)

Rank in course/Men: 21 (of 100)

Best time in course: 36:38

Rank in category: 4(of 15)

Best time in the category: 42:30