



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Jakob, Thomas

Club: Lutter

Number: 278

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M40

Total time: 47:14

Speed: 12.70 km/h

Running performance: 4:30 min/km

Rank in course/Total: 19 (of 117)

Rank in course/Men: 18 (of 89)

Best time in course: 38:50

Rank in category: 4(of 11)

Best time in the category: 40:50