



## 8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

### Detailed evaluation

**Grimm, Holger**

Club: SV Normania Treffurt

Number: 288

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M40

Total time: 49:15

Speed: 12.18 km/h

Running performance: 4:41 min/km

Rank in course/Total: 25 (of 117)

Rank in course/Men: 24 (of 89)

Best time in course: 38:50

Rank in category: 6(of 11)

Best time in the category: 40:50