



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Gräf, Thomas

Club: Kaltensundheim

Number: 386

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M45

Total time: 49:17

Speed: 12.17 km/h

Running performance: 4:41 min/km

Rank in course/Total: 26 (of 117)

Rank in course/Men: 25 (of 89)

Best time in course: 38:50

Rank in category: 6(of 24)

Best time in the category: 45:00