



## 8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

### Detailed evaluation

**Speck, Wilfried**

Club: SV Hitzeroide

Number: 298

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M55

Total time: 51:17

Speed: 11.70 km/h

Running performance: 4:53 min/km

Rank in course/Total: 38 (of 117)

Rank in course/Men: 35 (of 89)

Best time in course: 38:50

Rank in category: 2(of 4)

Best time in the category: 48:58