



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Enge, Uwe

Club: TSG Ruhla/RSV 03

Number: 320

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M45

Total time: 52:03

Speed: 11.53 km/h

Running performance: 4:58 min/km

Rank in course/Total: 42 (of 117)

Rank in course/Men: 39 (of 89)

Best time in course: 38:50

Rank in category: 10(of 24)

Best time in the category: 45:00