



## 8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

### Detailed evaluation

Falk, Helmut

Club: Hemsedal

Number: 369

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M35

Total time: 52:34

Speed: 11.98 km/h

Running performance: 5:01 min/km

Rank in course/Total: 44 (of 117)

Rank in course/Men: 41 (of 89)

Best time in course: 38:50

Rank in category: 8(of 10)

Best time in the category: 40:46