



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Stephan, Guido

Club: MTV 1860 Erfurt

Number: 342

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M45

Total time: 53:11

Speed: 11.28 km/h

Running performance: 5:04 min/km

Rank in course/Total: 46 (of 117)

Rank in course/Men: 43 (of 89)

Best time in course: 38:50

Rank in category: 12(of 24)

Best time in the category: 45:00