



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Kunast, Rene

Club: BW Dermbach

Number: 400

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M45

Total time: 54:00

Speed: 11.11 km/h

Running performance: 5:08 min/km

Rank in course/Total: 49 (of 117)

Rank in course/Men: 45 (of 89)

Best time in course: 38:50

Rank in category: 14(of 24)

Best time in the category: 45:00