



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Rudolph, Bernd

Club: Lauffreß Breitungen

Number: 287

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M45

Total time: 54:37

Speed: 11.53 km/h

Running performance: 5:12 min/km

Rank in course/Total: 54 (of 117)

Rank in course/Men: 47 (of 89)

Best time in course: 38:50

Rank in category: 15(of 24)

Best time in the category: 45:00