



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Plötz, Heiko

Club: Mühlhausen

Number: 303

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M40

Total time: 54:57

Speed: 10.92 km/h

Running performance: 5:14 min/km

Rank in course/Total: 56 (of 117)

Rank in course/Men: 49 (of 89)

Best time in course: 38:50

Rank in category: 9(of 11)

Best time in the category: 40:50