



## 8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

### Detailed evaluation

**Röder, Jan**

Club: Bosch Eisenach

Number: 329

Course: 10.50 km

10,5 km-Lauf

Category:

männliche Jugend A

Total time: 55:31

Speed: 10.81 km/h

Running performance: 5:17 min/km

Rank in course/Total: 59 (of 117)

Rank in course/Men: 51 (of 89)

Best time in course: 38:50

Rank in category: 1(of 2)

Best time in the category: 55:31