



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Kreyer, Gunter

Club: Volkssport Nohra

Number: 383

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M60

Total time: 56:19

Speed: 11.19 km/h

Running performance: 5:22 min/km

Rank in course/Total: 60 (of 117)

Rank in course/Men: 52 (of 89)

Best time in course: 38:50

Rank in category: 3(of 9)

Best time in the category: 48:44