



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Fütterer, Friedbert

Club: SV Gernrode 1887eV

Number: 302

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M55

Total time: 56:45

Speed: 10.57 km/h

Running performance: 5:24 min/km

Rank in course/Total: 62 (of 117)

Rank in course/Men: 54 (of 89)

Best time in course: 38:50

Rank in category: 3(of 4)

Best time in the category: 48:58