



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Hennig, Bernhard

Club: SV Mihla

Number: 331

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M60

Total time: 56:47

Speed: 10.57 km/h

Running performance: 5:25 min/km

Rank in course/Total: 63 (of 117)

Rank in course/Men: 55 (of 89)

Best time in course: 38:50

Rank in category: 4(of 9)

Best time in the category: 48:44