



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Schlieffe, Waldemar

Club: SV Mihla

Number: 341

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M60

Total time: 57:06

Speed: 10.51 km/h

Running performance: 5:26 min/km

Rank in course/Total: 65 (of 117)

Rank in course/Men: 57 (of 89)

Best time in course: 38:50

Rank in category: 5(of 9)

Best time in the category: 48:44