



## 8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

### Detailed evaluation

**Dunkel, Frank**

Club: SV Normania Treffurt

Number: 294

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M45

Total time: 57:10

Speed: 10.50 km/h

Running performance: 5:26 min/km

Rank in course/Total: 66 (of 117)

Rank in course/Men: 58 (of 89)

Best time in course: 38:50

Rank in category: 16(of 24)

Best time in the category: 45:00