



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Blamberg, Nils

Club: Ausdauerarena Immelborn

Number: 280

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M20

Total time: 57:12

Speed: 10.49 km/h

Running performance: 5:27 min/km

Rank in course/Total: 67 (of 117)

Rank in course/Men: 59 (of 89)

Best time in course: 38:50

Rank in category: 4(of 6)

Best time in the category: 38:50