



## 8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

### Detailed evaluation

**Jung, Ralf**

Club: KC 96 Wernshausen

Number: 397

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M45

Total time: 57:43

Speed: 10.40 km/h

Running performance: 5:30 min/km

Rank in course/Total: 70 (of 117)

Rank in course/Men: 61 (of 89)

Best time in course: 38:50

Rank in category: 17(of 24)

Best time in the category: 45:00