



## 8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

### Detailed evaluation

**Sömmer, Fred**

Club: BSG Wartburg-Sparkasse

Number: 308

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M45

Total time: 1:00:19

Speed: 9.95 km/h

Running performance: 5:44 min/km

Rank in course/Total: 81 (of 117)

Rank in course/Men: 67 (of 89)

Best time in course: 38:50

Rank in category: 19(of 24)

Best time in the category: 45:00