



## 8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

### Detailed evaluation

#### Gwosdz, Torsten

Club: Fulda  
Number: 332

Course: 10.50 km  
10,5 km-Lauf

Category:  
Männer M40

Total time: 1:00:25

Speed: 9.93 km/h  
Running performance: 5:45 min/km

Rank in course/Total: 82 (of 117)

Rank in course/Men: 68 (of 89)

Best time in course: 38:50

Rank in category: 10(of 11)

Best time in the category: 40:50