



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Rikirsch, Roland

Club: Creuzburg

Number: 396

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M65

Total time: 1:00:33

Speed: 9.91 km/h

Running performance: 5:46 min/km

Rank in course/Total: 84 (of 117)

Rank in course/Men: 69 (of 89)

Best time in course: 38:50

Rank in category: 1(of 3)

Best time in the category: 1:00:33