



## 8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

### Detailed evaluation

Häfner, Jörg

Club: BSG Wartburg-Sparkasse

Number: 285

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M30

Total time: 1:00:48

Speed: 9.87 km/h

Running performance: 5:47 min/km

Rank in course/Total: 86 (of 117)

Rank in course/Men: 71 (of 89)

Best time in course: 38:50

Rank in category: 7(of 8)

Best time in the category: 40:43