



## 8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

### Detailed evaluation

**Sauer, Reinhard**

Club: Stadtlengsfeld

Number: 283

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M50

Total time: 1:01:08

Speed: 9.81 km/h

Running performance: 5:49 min/km

Rank in course/Total: 90 (of 117)

Rank in course/Men: 73 (of 89)

Best time in course: 38:50

Rank in category: 7(of 9)

Best time in the category: 47:07