



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Bornkessel, Andreas

Club: SV Normannia Treffurt

Number: 393

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M30

Total time: 1:01:35

Speed: 9.74 km/h

Running performance: 5:52 min/km

Rank in course/Total: 91 (of 117)

Rank in course/Men: 74 (of 89)

Best time in course: 38:50

Rank in category: 8(of 8)

Best time in the category: 40:43