



## 8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

### Detailed evaluation

**Rödel, Jörg**

Club: SV miha

Number: 286

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M65

Total time: 1:05:38

Speed: 9.60 km/h

Running performance: 6:15 min/km

Rank in course/Total: 102 (of 117)

Rank in course/Men: 82 (of 89)

Best time in course: 38:50

Rank in category: 2(of 3)

Best time in the category: 1:00:33