



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Ludwig, Eckhard

Club: Bad Berka

Number: 325

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M55

Total time: 1:06:37

Speed: 9.01 km/h

Running performance: 6:20 min/km

Rank in course/Total: 105 (of 117)

Rank in course/Men: 84 (of 89)

Best time in course: 38:50

Rank in category: 4(of 4)

Best time in the category: 48:58