



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Kitzing, Veit

Club: Orgalauf

Number: 1010

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M45

Total time: 48:36

Speed: 12.35 km/h

Running performance: 4:38 min/km

Rank in course/Total: 22 (of 117)

Rank in course/Men: 21 (of 89)

Best time in course: 38:50

Rank in category: 5(of 24)

Best time in the category: 45:00