



## 8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

### Detailed evaluation

**Kramer, Michael**

Club: Orgalauf

Number: 1013

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M40

Total time: 48:12

Speed: 12.45 km/h

Running performance: 4:35 min/km

Rank in course/Total: 21 (of 117)

Rank in course/Men: 20 (of 89)

Best time in course: 38:50

Rank in category: 5(of 11)

Best time in the category: 40:50