



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Matthes, Jan

Club: Orgalauf

Number: 1015

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M45

Total time: 1:02:20

Speed: 9.63 km/h

Running performance: 5:56 min/km

Rank in course/Total: 95 (of 117)

Rank in course/Men: 77 (of 89)

Best time in course: 38:50

Rank in category: 21(of 24)

Best time in the category: 45:00