



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Kaiser, Bernd

Club: Trusetal

Number: 350

Course: 10.50 km

10 km Nordic Walking

Category:

Nordic Walking Männer

Total time: 1:30:52

Speed: 6.60 km/h

Running performance: 8:39 min/km

Rank in course/Total: 9 (of 20)

Rank in course/Men: 3 (of 4)

Best time in course: 1:23:19

Rank in category: 3(of 4)

Best time in the category: 1:23:19