



## 8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

### Detailed evaluation

**Ment, Jakob**

Club: HSG Werratal

Number: 28

Course: 5.00 km

5 km-Lauf

Category:

männliche Schüler C

Total time: 27:18

Speed: 10.99 km/h

Running performance: 5:28 min/km

Rank in course/Total: 17 (of 33)

Rank in course/Men: 15 (of 21)

Best time in course: 18:16

Rank in category: 5(of 6)

Best time in the category: 23:03