



## 8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

### Detailed evaluation

**Schmalz, Frank**

Club: Alea Sanitas

Number: 378

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M30

Total time: 42:53

Speed: 13.99 km/h

Running performance: 4:05 min/km

Rank in course/Total: 5 (of 117)

Rank in course/Men: 5 (of 89)

Best time in course: 38:50

Rank in category: 2(of 8)

Best time in the category: 40:43