



## 8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

### Detailed evaluation

**Rödiger, Uwe**

Club: Team Nadine

Number: 289

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M40

Total time: 44:12

Speed: 13.57 km/h

Running performance: 4:13 min/km

Rank in course/Total: 6 (of 117)

Rank in course/Men: 6 (of 89)

Best time in course: 38:50

Rank in category: 2(of 11)

Best time in the category: 40:50