



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Noll, Jonas

Club: SV Normania Treffurt

Number: 284

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M40

Total time: 46:28

Speed: 12.91 km/h

Running performance: 4:26 min/km

Rank in course/Total: 15 (of 117)

Rank in course/Men: 14 (of 89)

Best time in course: 38:50

Rank in category: 3(of 11)

Best time in the category: 40:50