



9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

Detailed evaluation

Volkholz, Clemens

Club: Apoldaer LV 90 e.V.

Number: 532

Course: 10.50 km

10,5 km-Lauf

Category:

männliche Jugend U 20 (M18/19)

Total time: 46:40

Speed: 12.86 km/h

Running performance: 4:26 min/km

Rank in course/Total: 11 (of 119)

Rank in course/Men: 11 (of 90)

Best time in course: 37:01

Rank in category: 1(of 4)

Best time in the category: 46:40