



9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

Detailed evaluation

Schönknecht, Mario

Club: ZSG Waltershausen

Number: 523

Course: 10.50 km

10,5 km-Lauf

Category:

Senioren M45

Total time: 48:40

Speed: 12.33 km/h

Running performance: 4:38 min/km

Rank in course/Total: 23 (of 119)

Rank in course/Men: 23 (of 90)

Best time in course: 37:01

Rank in category: 6(of 15)

Best time in the category: 43:20