



## 9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

### Detailed evaluation

**Geiß, Heiko**

Club: Mittelstreu

Number: 527

Course: 10.50 km

10,5 km-Lauf

Category:

Senioren M30

Total time: 49:00

Speed: 12.24 km/h

Running performance: 4:40 min/km

Rank in course/Total: 28 (of 119)

Rank in course/Men: 26 (of 90)

Best time in course: 37:01

Rank in category: 2(of 4)

Best time in the category: 42:41