



9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

Detailed evaluation

Grimm, Holger

Club: SV Normania Treffurt

Number: 544

Course: 10.50 km

10,5 km-Lauf

Category:

Senioren M45

Total time: 50:19

Speed: 11.92 km/h

Running performance: 4:47 min/km

Rank in course/Total: 32 (of 119)

Rank in course/Men: 29 (of 90)

Best time in course: 37:01

Rank in category: 7(of 15)

Best time in the category: 43:20