



## 9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

### Detailed evaluation

**Seidel, Mario**

Club: WSV 07 Steinbach

Number: 423

Course: 10.50 km

10,5 km-Lauf

Category:

Senioren M40

Total time: 53:57

Speed: 11.12 km/h

Running performance: 5:08 min/km

Rank in course/Total: 55 (of 119)

Rank in course/Men: 50 (of 90)

Best time in course: 37:01

Rank in category: 9(of 14)

Best time in the category: 46:05