



9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

Detailed evaluation

Wölfel, Roland

Club: Rennsteigfreunde

Number: 490

Course: 10.50 km

10,5 km-Lauf

Category:

Senioren M55

Total time: 58:30

Speed: 10.77 km/h

Running performance: 5:34 min/km

Rank in course/Total: 75 (of 119)

Rank in course/Men: 65 (of 90)

Best time in course: 37:01

Rank in category: 7(of 7)

Best time in the category: 48:15