



## 9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

### Detailed evaluation

Rudoph, Bernd

Club: LT Breitungen

Number: 526

Course: 10.50 km

10,5 km-Lauf

Category:

Senioren M50

Total time: 1:02:27

Speed: 9.61 km/h

Running performance: 5:57 min/km

Rank in course/Total: 89 (of 119)

Rank in course/Men: 71 (of 90)

Best time in course: 37:01

Rank in category: 6(of 8)

Best time in the category: 45:32