



9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

Detailed evaluation

Sömmer, Fred

Club: BSG Wartburg-Sparkasse

Number: 434

Course: 10.50 km

10,5 km-Lauf

Category:

Senioren M45

Total time: 1:03:13

Speed: 9.97 km/h

Running performance: 6:01 min/km

Rank in course/Total: 98 (of 119)

Rank in course/Men: 76 (of 90)

Best time in course: 37:01

Rank in category: 13(of 15)

Best time in the category: 43:20