



9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

Detailed evaluation

seifert, gerd

Club: saalfelder lv

Number: 547

Course: 10.50 km

10,5 km-Lauf

Category:

Senioren M75

Total time: 1:10:51

Speed: 8.47 km/h

Running performance: 6:45 min/km

Rank in course/Total: 109 (of 119)

Rank in course/Men: 83 (of 90)

Best time in course: 37:01

Rank in category: 2(of 3)

Best time in the category: 1:08:28