



9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

Detailed evaluation

Fierenz, Gerald

Club: SV Glückauf Sondershausen

Number: 14

Course: 5.00 km

Basilika-Lauf

Category:

Senioren M45

Total time: 21:40

Speed: 13.85 km/h

Running performance: 4:20 min/km

Rank in course/Total: 7 (of 41)

Rank in course/Men: 7 (of 25)

Best time in course: 16:21

Rank in category: 1(of 2)

Best time in the category: 21:40