



## 9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

### Detailed evaluation

#### Schwanitz, Holger

Club: WSV Trusetal

Number: 31

Course: 5.00 km

Basilika-Lauf

Category:

Senioren M50

Total time: 21:50

Speed: 13.74 km/h

Running performance: 4:22 min/km

Rank in course/Total: 8 (of 41)

Rank in course/Men: 8 (of 25)

Best time in course: 16:21

Rank in category: 1(of 3)

Best time in the category: 21:50