



10. Werraenergie Pleßlauf

Breitungen / 18.08.2013

Detailed evaluation

Martin, Andreas

Club: SV Blau-Weiss Creuzburg

Number: 491

Course: 10.50 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 49:52

Speed: 12.03 km/h

Running performance: 4:45 min/km

Rank in course/Total: 31 (of 127)

Rank in course/Men: 28 (of 91)

Best time in course: 40:21

Rank in category: 6(of 9)

Best time in the category: 41:12