



10. Werraenergie Pleißlauf  
Breitungen / 18.08.2013

Detailed evaluation

Matthias, Hartmann

Club: Rhöner WSV  
Number: 517

Course: 10.50 km  
10 km Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 50:47

Speed: 11.81 km/h  
Running performance: 4:50 min/km

Rank in course/Total: 36 (of 127)

Rank in course/Men: 31 (of 91)

Best time in course: 40:21

Rank in category: 7(of 12)

Best time in the category: 45:50