



10. Werraenergie Pleßlauf

Breitungen / 18.08.2013

Detailed evaluation

Rudorf, Hans-Joachim

Club: FSV Meuselwitz

Number: 427

Course: 10.50 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 51:16

Speed: 11.70 km/h

Running performance: 4:53 min/km

Rank in course/Total: 38 (of 127)

Rank in course/Men: 33 (of 91)

Best time in course: 40:21

Rank in category: 5(of 10)

Best time in the category: 44:47