



10. Werraenergie Pleßlauf  
Breitungen / 18.08.2013

Detailed evaluation

Hess, Michael

Club: Blau-Weiß-Dermbach  
Number: 512

Course: 10.50 km  
10 km Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 51:30

Speed: 11.65 km/h  
Running performance: 4:54 min/km

Rank in course/Total: 41 (of 127)

Rank in course/Men: 35 (of 91)

Best time in course: 40:21

Rank in category: 2(of 6)

Best time in the category: 51:23