



10. Werraenergie Pleßlauf

Breitungen / 18.08.2013

Detailed evaluation

Arnold, Jens

Club: SVV Schmalkalden

Number: 468

Course: 10.50 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 52:07

Speed: 12.09 km/h

Running performance: 4:58 min/km

Rank in course/Total: 43 (of 127)

Rank in course/Men: 37 (of 91)

Best time in course: 40:21

Rank in category: 7(of 17)

Best time in the category: 44:20