



10. Werraenergie Pleßlauf
Breitungen / 18.08.2013

Detailed evaluation

Grützmacher, Ansgar

Club: Stadtlengsfeld

Number: 416

Course: 10.50 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 52:54

Speed: 11.34 km/h

Running performance: 5:02 min/km

Rank in course/Total: 50 (of 127)

Rank in course/Men: 44 (of 91)

Best time in course: 40:21

Rank in category: 8(of 17)

Best time in the category: 44:20