



10. Werraenergie Pleßlauf

Breitungen / 18.08.2013

Detailed evaluation

Schneider, Heike

Club: Meiningen

Number: 509

Course: 10.50 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 53:15

Speed: 11.27 km/h

Running performance: 5:04 min/km

Rank in course/Total: 51 (of 127)

Rank in course/Men: 45 (of 91)

Best time in course: 40:21

Rank in category: 9(of 17)

Best time in the category: 44:20