



10. Werraenergie Pleßlauf
Breitungen / 18.08.2013

Detailed evaluation

Kynast, Rene

Club: Blau-Weiß- Dermbach
Number: 510

Course: 10.50 km
10 km Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 53:20

Speed: 11.25 km/h
Running performance: 5:05 min/km

Rank in course/Total: 53 (of 127)

Rank in course/Men: 46 (of 91)

Best time in course: 40:21

Rank in category: 10(of 17)

Best time in the category: 44:20