



10. Werraenergie Pleßlauf  
Breitungen / 18.08.2013

Detailed evaluation

fey, thorsten

Club: hauneck-bodes  
Number: 467

Course: 10.50 km  
10 km Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 54:38

Speed: 10.98 km/h  
Running performance: 5:12 min/km

Rank in course/Total: 60 (of 127)

Rank in course/Men: 53 (of 91)

Best time in course: 40:21

Rank in category: 9(of 12)

Best time in the category: 45:50