



## 10. Werraenergie Pleßlauf

Breitungen / 18.08.2013

### Detailed evaluation

**Patzenhauer, Holger**

Club: SV Blau Weiss 90 Creuzburg

Number: 489

Course: 10.50 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 55:20

Speed: 10.84 km/h

Running performance: 5:16 min/km

Rank in course/Total: 65 (of 127)

Rank in course/Men: 58 (of 91)

Best time in course: 40:21

Rank in category: 11(of 17)

Best time in the category: 44:20