



10. Werraenergie Pleßlauf

Breitungen / 18.08.2013

Detailed evaluation

Heed, Thoralf

Club: SSV Erfurt 02

Number: 537

Course: 10.50 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 56:07

Speed: 10.69 km/h

Running performance: 5:20 min/km

Rank in course/Total: 70 (of 127)

Rank in course/Men: 61 (of 91)

Best time in course: 40:21

Rank in category: 12(of 17)

Best time in the category: 44:20