



10. Werraenergie Pleßlauf

Breitungen / 18.08.2013

Detailed evaluation

Seidel, Mario

Club: SV Medizin Bad Liebenstein

Number: 466

Course: 10.50 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 53:34

Speed: 11.20 km/h

Running performance: 5:06 min/km

Rank in course/Total: 54 (of 127)

Rank in course/Men: 47 (of 91)

Best time in course: 40:21

Rank in category: 8(of 12)

Best time in the category: 45:50