



10. Werraenergie Pleßlauf  
Breitungen / 18.08.2013

Detailed evaluation

**Amthor, Alexander**

Club: Meiningen

Number: 511

Course: 10.50 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 59:33

Speed: 10.08 km/h

Running performance: 5:40 min/km

Rank in course/Total: 88 (of 127)

Rank in course/Men: 72 (of 91)

Best time in course: 40:21

Rank in category: 12(of 12)

Best time in the category: 45:50