



10. Werraenergie Pleßlauf

Breitungen / 18.08.2013

Detailed evaluation

Sauer, Reinhard

Club: Stadtlengsfeld

Number: 423

Course: 10.50 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:00:37

Speed: 9.90 km/h

Running performance: 5:46 min/km

Rank in course/Total: 94 (of 127)

Rank in course/Men: 77 (of 91)

Best time in course: 40:21

Rank in category: 9(of 10)

Best time in the category: 44:20