



10. Werraenergie Pleißlauf
Breitungen / 18.08.2013

Detailed evaluation

Iffert, Karl

Club: Wernshäuser Lauftreff
Number: 484

Course: 10.50 km
10 km Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 1:00:55

Speed: 9.85 km/h
Running performance: 5:48 min/km

Rank in course/Total: 95 (of 127)

Rank in course/Men: 78 (of 91)

Best time in course: 40:21

Rank in category: 5(of 7)

Best time in the category: 49:58