



## 10. Werraenergie Pleßlauf

Breitungen / 18.08.2013

### Detailed evaluation

**Sömmer, Fred**

Club: BSG Wartburg-Sparkasse

Number: 417

Course: 10.50 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:01:25

Speed: 9.77 km/h

Running performance: 5:51 min/km

Rank in course/Total: 98 (of 127)

Rank in course/Men: 79 (of 91)

Best time in course: 40:21

Rank in category: 14(of 17)

Best time in the category: 44:20