



10. Werraenergie Pleßlauf  
Breitungen / 18.08.2013

Detailed evaluation

**Wölfel, Roland**

Club: Eisenach  
Number: 498

Course: 10.50 km  
10 km Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:01:33

Speed: 9.75 km/h  
Running performance: 5:52 min/km

Rank in course/Total: 101 (of 127)

Rank in course/Men: 82 (of 91)

Best time in course: 40:21

Rank in category: 9(of 10)

Best time in the category: 44:47