



10. Werraenergie Pleßlauf
Breitungen / 18.08.2013

Detailed evaluation

Ellerkamm, Jürgen

Club: SV Kyffhäuser
Number: 438

Course: 10.50 km
10 km Lauf

Category:
Senioren M75 (75 und älter)

Total time: 1:01:48

Speed: 9.71 km/h
Running performance: 5:53 min/km

Rank in course/Total: 102 (of 127)

Rank in course/Men: 83 (of 91)

Best time in course: 40:21

Rank in category: 1(of 2)

Best time in the category: 1:01:48