



10. Werraenergie Pleßlauf

Breitungen / 18.08.2013

Detailed evaluation

Rommel, Knut

Club: SV Medizin Bad Liebenstein

Number: 463

Course: 10.50 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:02:12

Speed: 9.65 km/h

Running performance: 5:55 min/km

Rank in course/Total: 103 (of 127)

Rank in course/Men: 84 (of 91)

Best time in course: 40:21

Rank in category: 10(of 10)

Best time in the category: 44:20