



10. Werraenergie Pleßlauf  
Breitungen / 18.08.2013

Detailed evaluation

Kurtukow, Vladimir

Club: SG Helba  
Number: 525

Course: 10.50 km  
10 km Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 47:11

Speed: 12.72 km/h  
Running performance: 4:29 min/km

Rank in course/Total: 20 (of 127)

Rank in course/Men: 19 (of 91)

Best time in course: 40:21

Rank in category: 3(of 17)

Best time in the category: 44:20