



## 10. Werraenergie Pleßlauf

Breitungen / 18.08.2013

### Detailed evaluation

**Grebe, Martin**

Club: Laufftreff Altensteiner Park

Number: 419

Course: 10.50 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:05:10

Speed: 9.21 km/h

Running performance: 6:13 min/km

Rank in course/Total: 113 (of 127)

Rank in course/Men: 86 (of 91)

Best time in course: 40:21

Rank in category: 15(of 17)

Best time in the category: 44:20