



10. Werraenergie Pleßlauf

Breitungen / 18.08.2013

Detailed evaluation

Tirschmann, Jan

Club: Meininger Wasserfreunde

Number: 422

Course: 10.50 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:06:09

Speed: 9.07 km/h

Running performance: 6:18 min/km

Rank in course/Total: 117 (of 127)

Rank in course/Men: 87 (of 91)

Best time in course: 40:21

Rank in category: 16(of 17)

Best time in the category: 44:20