



10. Werraenergie Pleßlauf
Breitungen / 18.08.2013

Detailed evaluation

Pastowski, Ralf

Club: Schmalkalden
Number: 605

Course: 21.10 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:39:34

Speed: 12.65 km/h
Running performance: 4:43 min/km

Rank in course/Total: 9 (of 65)

Rank in course/Men: 9 (of 53)

Best time in course: 1:27:36

Rank in category: 2(of 10)

Best time in the category: 1:36:48