



10. Werraenergie Pleßlauf
Breitungen / 18.08.2013

Detailed evaluation

Fräntzki, Dirk

Club: Rennsteiglaufverein
Number: 927

Course: 30.00 km
30 km Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:06:51

Speed: 14.19 km/h
Running performance: 4:14 min/km

Rank in course/Total: 2 (of 27)

Rank in course/Men: 2 (of 22)

Best time in course: 2:04:23

Rank in category: 1(of 9)

Best time in the category: 2:06:51