



10. Werraenergie Pleßlauf  
Breitungen / 18.08.2013

Detailed evaluation

**Bing, Holger**

Club: Rhöner WSV  
Number: 563

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:43:24

Speed: 12.19 km/h  
Running performance: 4:54 min/km

Rank in course/Total: 17 (of 65)

Rank in course/Men: 16 (of 53)

Best time in course: 1:27:36

Rank in category: 2(of 11)

Best time in the category: 1:41:02