



10. Werraenergie Pleßlauf

Breitungen / 18.08.2013

Detailed evaluation

Becker, Frank

Club: USV Erfurt

Number: 910

Course: 30.00 km

30 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:17:23

Speed: 13.10 km/h

Running performance: 4:35 min/km

Rank in course/Total: 5 (of 27)

Rank in course/Men: 5 (of 22)

Best time in course: 2:04:23

Rank in category: 1(of 5)

Best time in the category: 2:17:23