



10. Werraenergie Pleßlauf
Breitungen / 18.08.2013

Detailed evaluation

Thomas, Frank

Club: LAV Saale-Rennsteig
Number: 559

Course: 21.10 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:54:01

Speed: 11.05 km/h
Running performance: 5:24 min/km

Rank in course/Total: 32 (of 65)

Rank in course/Men: 31 (of 53)

Best time in course: 1:27:36

Rank in category: 6(of 10)

Best time in the category: 1:36:48