



10. Werraenergie Pleßlauf  
Breitungen / 18.08.2013

Detailed evaluation

Lehmut, Hans-Martin

Club: Lauffreunde Metzels  
Number: 624

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:59:40

Speed: 10.53 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 45 (of 65)

Rank in course/Men: 42 (of 53)

Best time in course: 1:27:36

Rank in category: 3(of 4)

Best time in the category: 1:32:44