



10. Werraenergie Pleßlauf

Breitungen / 18.08.2013

Detailed evaluation

Rasch, Holger

Club: SV Mila

Number: 597

Course: 21.10 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:59:58

Speed: 10.50 km/h

Running performance: 5:41 min/km

Rank in course/Total: 46 (of 65)

Rank in course/Men: 43 (of 53)

Best time in course: 1:27:36

Rank in category: 10(of 11)

Best time in the category: 1:41:02