



10. Werraenergie Pleßlauf

Breitungen / 18.08.2013

Detailed evaluation

Daum, Holger

Club: Erdinger Alkoholfrei

Number: 908

Course: 30.00 km

30 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:34:19

Speed: 11.66 km/h

Running performance: 5:08 min/km

Rank in course/Total: 7 (of 27)

Rank in course/Men: 7 (of 22)

Best time in course: 2:04:23

Rank in category: 3(of 9)

Best time in the category: 2:06:51