



10. Werraenergie Pleßlauf

Breitungen / 18.08.2013

Detailed evaluation

Röse, Frank

Club: Stützerbach

Number: 918

Course: 30.00 km

30 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:34:44

Speed: 11.63 km/h

Running performance: 5:10 min/km

Rank in course/Total: 8 (of 27)

Rank in course/Men: 8 (of 22)

Best time in course: 2:04:23

Rank in category: 4(of 9)

Best time in the category: 2:06:51