



10. Werraenergie Pleßlauf  
Breitungen / 18.08.2013

Detailed evaluation

mey, björn

Club: tiefenort  
Number: 904

Course: 30.00 km  
30 km Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:38:17

Speed: 11.37 km/h  
Running performance: 5:17 min/km

Rank in course/Total: 12 (of 27)

Rank in course/Men: 11 (of 22)

Best time in course: 2:04:23

Rank in category: 6(of 9)

Best time in the category: 2:06:51