



10. Werraenergie Pleßlauf

Breitungen / 18.08.2013

Detailed evaluation

Zösche, Karsten

Club: PSV Meiningen

Number: 923

Course: 30.00 km

30 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:45:47

Speed: 10.86 km/h

Running performance: 5:32 min/km

Rank in course/Total: 18 (of 27)

Rank in course/Men: 15 (of 22)

Best time in course: 2:04:23

Rank in category: 3(of 5)

Best time in the category: 2:17:23