



10. Werraenergie Pleßlauf
Breitungen / 18.08.2013

Detailed evaluation

Thoma, Manfred

Club: Lauffreunde Geba
Number: 916

Course: 30.00 km
30 km Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:47:06

Speed: 10.77 km/h
Running performance: 5:34 min/km

Rank in course/Total: 19 (of 27)

Rank in course/Men: 16 (of 22)

Best time in course: 2:04:23

Rank in category: 1(of 2)

Best time in the category: 2:47:06