



10. Werraenergie Pleßlauf

Breitungen / 18.08.2013

Detailed evaluation

Rückert, Jens

Club: Arnstadt

Number: 900

Course: 30.00 km

30 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:53:07

Speed: 10.40 km/h

Running performance: 5:46 min/km

Rank in course/Total: 21 (of 27)

Rank in course/Men: 17 (of 22)

Best time in course: 2:04:23

Rank in category: 4(of 5)

Best time in the category: 2:17:23