



10. Werraenergie Pleßlauf  
Breitungen / 18.08.2013

Detailed evaluation

Harich, Detlev

Club: IfL Hof  
Number: 912

Course: 30.00 km  
30 km Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 3:05:38

Speed: 9.70 km/h  
Running performance: 6:11 min/km

Rank in course/Total: 24 (of 27)

Rank in course/Men: 20 (of 22)

Best time in course: 2:04:23

Rank in category: 2(of 2)

Best time in the category: 2:47:06