



10. Werraenergie Pleßlauf

Breitungen / 18.08.2013

Detailed evaluation

Schwanitz, Holger

Club: WSV Trusetal

Number: 7

Course: 5.00 km

Basilikalauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 20:18

Speed: 14.78 km/h

Running performance: 4:04 min/km

Rank in course/Total: 7 (of 39)

Rank in course/Men: 7 (of 27)

Best time in course: 15:58

Rank in category: 1(of 3)

Best time in the category: 20:18