



10. Werraenergie Pleßlauf  
Breitungen / 18.08.2013

Detailed evaluation

Heller, Detlev

Club: Bad Liebenstein  
Number: 455

Course: 10.50 km  
Nordic Walking kurz

Category:  
Nordic Walking Männer

Total time: 1:20:00

Speed: 7.50 km/h  
Running performance: 7:37 min/km

Rank in course/Total: 1 (of 13)

Rank in course/Men: 1 (of 3)

Best time in course: 1:20:00

Rank in category: 1(of 3)

Best time in the category: 1:20:00