



10. Werraenergie Pleßlauf

Breitungen / 18.08.2013

Detailed evaluation

Lindemann, Uwe

Club: Bettenhausen

Number: 3

Course: 5.00 km

Basilikalauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 22:50

Speed: 13.14 km/h

Running performance: 4:34 min/km

Rank in course/Total: 22 (of 39)

Rank in course/Men: 19 (of 27)

Best time in course: 15:58

Rank in category: 1(of 1)

Best time in the category: 22:50