



## 10. Werraenergie Pleßlauf

Breitungen / 18.08.2013

### Detailed evaluation

**Rübsam, Klaus-Dieter**

Club: Unterbreizbach

Number: 22

Course: 5.00 km

Basilikalauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 26:12

Speed: 11.45 km/h

Running performance: 5:14 min/km

Rank in course/Total: 28 (of 39)

Rank in course/Men: 23 (of 27)

Best time in course: 15:58

Rank in category: 3(of 3)

Best time in the category: 20:18