



10. Werraenergie Pleßlauf

Breitungen / 18.08.2013

Detailed evaluation

Rippel, Markus

Club: SV Normania Treffurt

Number: 541

Course: 10.50 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 41:59

Speed: 15.01 km/h

Running performance: 4:00 min/km

Rank in course/Total: 4 (of 127)

Rank in course/Men: 4 (of 91)

Best time in course: 40:21

Rank in category: 2(of 9)

Best time in the category: 41:12