



10. Werraenergie Pleßlauf
Breitungen / 18.08.2013

Detailed evaluation

Walch, Fredy

Club: Rhöner WSV
Number: 515

Course: 10.50 km
10 km Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 44:20

Speed: 13.53 km/h
Running performance: 4:13 min/km

Rank in course/Total: 6 (of 127)

Rank in course/Men: 6 (of 91)

Best time in course: 40:21

Rank in category: 1(of 17)

Best time in the category: 44:20