



10. Werraenergie Pleßlauf

Breitungen / 18.08.2013

Detailed evaluation

Löppen, Reinhard

Club: SV Emsetal

Number: 522

Course: 10.50 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 44:20

Speed: 13.53 km/h

Running performance: 4:13 min/km

Rank in course/Total: 7 (of 127)

Rank in course/Men: 6 (of 91)

Best time in course: 40:21

Rank in category: 1(of 10)

Best time in the category: 44:20