



10. Werraenergie Pleßlauf
Breitungen / 18.08.2013

Detailed evaluation

Manthee, Frank

Club: SV Glückauf Sondershausen
Number: 428

Course: 10.50 km
10 km Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 44:47

Speed: 14.07 km/h
Running performance: 4:16 min/km

Rank in course/Total: 9 (of 127)

Rank in course/Men: 9 (of 91)

Best time in course: 40:21

Rank in category: 1(of 10)

Best time in the category: 44:47