



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: 13.40 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