



10. Werraenergie Pleßlauf

Breitungen / 18.08.2013

Detailed evaluation

Siemon, Thomas

Club: SV Blau Weiss 90 Creuzburg

Number: 494

Course: 10.50 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 45:30

Speed: 13.19 km/h

Running performance: 4:20 min/km

Rank in course/Total: 12 (of 127)

Rank in course/Men: 12 (of 91)

Best time in course: 40:21

Rank in category: 2(of 17)

Best time in the category: 44:20