



10. Werraenergie Pleßlauf

Breitungen / 18.08.2013

Detailed evaluation

Kammler, Ronald

Club: Klingser SV

Number: 414

Course: 10.50 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 46:10

Speed: 13.65 km/h

Running performance: 4:24 min/km

Rank in course/Total: 15 (of 127)

Rank in course/Men: 15 (of 91)

Best time in course: 40:21

Rank in category: 2(of 12)

Best time in the category: 45:50