



10. Werraenergie Pleßlauf  
Breitungen / 18.08.2013

Detailed evaluation

Zwolski, Andrzej

Club: Bytow  
Number: 403

Course: 10.50 km  
10 km Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 46:41

Speed: 12.85 km/h  
Running performance: 4:27 min/km

Rank in course/Total: 16 (of 127)

Rank in course/Men: 16 (of 91)

Best time in course: 40:21

Rank in category: 3(of 12)

Best time in the category: 45:50