



10. Werraenergie Pleßlauf

Breitungen / 18.08.2013

Detailed evaluation

Heintze, Kai

Club: Hainichläufer

Number: 461

Course: 10.50 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 48:06

Speed: 12.47 km/h

Running performance: 4:35 min/km

Rank in course/Total: 23 (of 127)

Rank in course/Men: 22 (of 91)

Best time in course: 40:21

Rank in category: 5(of 17)

Best time in the category: 44:20