



10. Werraenergie Pleßlauf
Breitungen / 18.08.2013

Detailed evaluation

Dellit, Danny

Club: Floh-Seligenthal
Number: 516

Course: 10.50 km
10 km Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 49:08

Speed: 12.21 km/h
Running performance: 4:41 min/km

Rank in course/Total: 26 (of 127)

Rank in course/Men: 25 (of 91)

Best time in course: 40:21

Rank in category: 4(of 9)

Best time in the category: 41:12