



10. Werraenergie Pleßlauf  
Breitungen / 18.08.2013

Detailed evaluation

Rockstuhl, Marian

Club: Möhra  
Number: 532

Course: 10.50 km  
10 km Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 49:28

Speed: 12.13 km/h  
Running performance: 4:43 min/km

Rank in course/Total: 27 (of 127)

Rank in course/Men: 26 (of 91)

Best time in course: 40:21

Rank in category: 5(of 9)

Best time in the category: 41:12