



11. Werraenergie Pleßlauf Einzel
Breitungen / 24.08.2014

Detailed evaluation

Gladisch, Sebastian

Club: ABT Running Team
Number: 42

Course: 10.50 km
10 km Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 55:08

Speed: 10.88 km/h
Running performance: 5:15 min/km

Rank in course/Total: 41 (of 74)

Rank in course/Men: 35 (of 56)

Best time in course: 39:11

Rank in category: 5(of 6)

Best time in the category: 41:37