



11. Werraenergie Pleßlauf Einzel

Breitungen / 24.08.2014

Detailed evaluation

Kochaniak, Christoph

Club: Nüdlingen

Number: 30

Course: 10.50 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:03:06

Speed: 9.51 km/h

Running performance: 6:01 min/km

Rank in course/Total: 59 (of 74)

Rank in course/Men: 47 (of 56)

Best time in course: 39:11

Rank in category: 8(of 10)

Best time in the category: 39:47