



# 11. Werraenergie Pleßlauf Einzel

Breitungen / 24.08.2014

## Detailed evaluation

**Sömmer, Fred**

Club: BSG Wartburg-Sparkasse

Number: 18

Course: 10.50 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:05:18

Speed: 9.19 km/h

Running performance: 6:13 min/km

Rank in course/Total: 64 (of 74)

Rank in course/Men: 51 (of 56)

Best time in course: 39:11

Rank in category: 10(of 10)

Best time in the category: 39:47