



11. Werraenergie Pleßlauf Einzel

Breitungen / 24.08.2014

Detailed evaluation

Krone, Jörg

Club: TLV-LT Eichenzell

Number: 324

Course: 30.00 km

30 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:14:01

Speed: 13.43 km/h

Running performance: 4:28 min/km

Rank in course/Total: 6 (of 25)

Rank in course/Men: 5 (of 21)

Best time in course: 1:55:42

Rank in category: 1(of 6)

Best time in the category: 2:14:01