



11. Werraenergie Pleßlauf Einzel
Breitungen / 24.08.2014

Detailed evaluation

POLLER, FRANK

Club: RTV Haselgrund
Number: 230

Course: 21.10 km
Halbmarathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:49:30

Speed: 11.51 km/h
Running performance: 5:11 min/km

Rank in course/Total: 27 (of 72)

Rank in course/Men: 27 (of 60)

Best time in course: 1:25:40

Rank in category: 3(of 9)

Best time in the category: 1:31:40