



11. Werraenergie Pleßlauf Einzel

Breitungen / 24.08.2014

Detailed evaluation

Kurtz, Ralf

Club: Erfurt

Number: 207

Course: 21.10 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:51:22

Speed: 11.31 km/h

Running performance: 5:17 min/km

Rank in course/Total: 33 (of 72)

Rank in course/Men: 31 (of 60)

Best time in course: 1:25:40

Rank in category: 6(of 10)

Best time in the category: 1:31:27