



11. Werraenergie Pleßlauf Einzel

Breitungen / 24.08.2014

Detailed evaluation

Lemuth, Hans-Martin

Club: Dolmarlaufverein Metzels

Number: 224

Course: 21.10 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:54:23

Speed: 11.07 km/h

Running performance: 5:25 min/km

Rank in course/Total: 40 (of 72)

Rank in course/Men: 38 (of 60)

Best time in course: 1:25:40

Rank in category: 3(of 4)

Best time in the category: 1:52:03