



11. Werraenergie Pleßlauf Einzel
Breitungen / 24.08.2014

Detailed evaluation

Lemuth, Matthias

Club: Metzels

Number: 275

Course: 21.10 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:55:40

Speed: 10.89 km/h

Running performance: 5:29 min/km

Rank in course/Total: 44 (of 72)

Rank in course/Men: 41 (of 60)

Best time in course: 1:25:40

Rank in category: 8(of 12)

Best time in the category: 1:27:28