



11. Werraenergie Pleßlauf Einzel

Breitungen / 24.08.2014

Detailed evaluation

Noack, Mike

Club: Lauffreunde Metzels

Number: 317

Course: 30.00 km

30 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:33:09

Speed: 11.75 km/h

Running performance: 5:07 min/km

Rank in course/Total: 12 (of 25)

Rank in course/Men: 11 (of 21)

Best time in course: 1:55:42

Rank in category: 2(of 2)

Best time in the category: 2:25:49