



11. Werraenergie Pleßlauf Einzel

Breitungen / 24.08.2014

Detailed evaluation

Michalk, Bernhard

Club: Rudolstadt

Number: 313

Course: 30.00 km

30 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:39:52

Speed: 11.26 km/h

Running performance: 5:20 min/km

Rank in course/Total: 14 (of 25)

Rank in course/Men: 13 (of 21)

Best time in course: 1:55:42

Rank in category: 3(of 4)

Best time in the category: 2:27:21