



# 11. Werraenergie Pleßlauf Einzel

Breitungen / 24.08.2014

## Detailed evaluation

**Biskamp, Stephan**

Club: Philippsthaler Landrafen

Number: 330

Course: 30.00 km

30 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:46:54

Speed: 10.78 km/h

Running performance: 5:34 min/km

Rank in course/Total: 17 (of 25)

Rank in course/Men: 15 (of 21)

Best time in course: 1:55:42

Rank in category: 4(of 4)

Best time in the category: 2:27:21