



11. Werraenergie Pleßlauf Einzel

Breitungen / 24.08.2014

Detailed evaluation

Zscharnt, Holger

Club: DAV Inselberg

Number: 235

Course: 21.10 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:21:18

Speed: 8.92 km/h

Running performance: 6:42 min/km

Rank in course/Total: 64 (of 72)

Rank in course/Men: 56 (of 60)

Best time in course: 1:25:40

Rank in category: 10(of 10)

Best time in the category: 1:31:27