



# 11. Werraenergie Pleßlauf Einzel

Breitungen / 24.08.2014

## Detailed evaluation

Clemen, Jörg

Club: HSV Neubrandenburg

Number: 328

Course: 30.00 km

30 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:00:04

Speed: 10.00 km/h

Running performance: 6:00 min/km

Rank in course/Total: 24 (of 25)

Rank in course/Men: 20 (of 21)

Best time in course: 1:55:42

Rank in category: 5(of 6)

Best time in the category: 2:14:01