



11. Werraenergie Pleßlauf Einzel

Breitungen / 24.08.2014

Detailed evaluation

Schmeißer, Volkmar

Club: Addi fit for Fun Jena e.V.

Number: 216

Course: 21.10 km

Nordic Walking lang

Category:

Nordic Walking Männer

Total time: 3:12:19

Speed: 6.58 km/h

Running performance: 9:07 min/km

Rank in course/Total: 7 (of 8)

Rank in course/Men: 5 (of 6)

Best time in course: 2:21:24

Rank in category: 5(of 6)

Best time in the category: 2:21:24