



# 11. Werraenergie Pleißlauf Einzel

Breitungen / 24.08.2014

## Detailed evaluation

**Esche, Karsten**

Club: LSV Lok Arnstadt

Number: 325

Course: 30.00 km

Nordic Walking 30km

Category:

Nordic Walking Männer

Total time: 4:09:20

Speed: 7.22 km/h

Running performance: 8:19 min/km

Rank in course/Total: 2 (of 3)

Rank in course/Men: 1 (of 3)

Best time in course: 4:09:20

Rank in category: 1(of 3)

Best time in the category: 4:09:20