



# 11. Werraenergie Pleßlauf Einzel

Breitungen / 24.08.2014

## Detailed evaluation

**Grahl, Mario**

Club: Immelborn

Number: 82

Course: 10.50 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 58:11

Speed: 10.31 km/h

Running performance: 5:32 min/km

Rank in course/Total: 47 (of 74)

Rank in course/Men: 39 (of 56)

Best time in course: 39:11

Rank in category: 7(of 10)

Best time in the category: 39:47