



11. Werraenergie Pleßlauf Einzel

Breitungen / 24.08.2014

Detailed evaluation

Guzowski, Dariusz

Club: Bytow

Number: 4

Course: 10.50 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 39:47

Speed: 15.08 km/h

Running performance: 3:47 min/km

Rank in course/Total: 2 (of 74)

Rank in course/Men: 2 (of 56)

Best time in course: 39:11

Rank in category: 1(of 10)

Best time in the category: 39:47