



11. Werraenergie Pleßlauf Einzel

Breitungen / 24.08.2014

Detailed evaluation

Wierzejski, Slawomir

Club: Bytow

Number: 5

Course: 10.50 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 40:00

Speed: 15.00 km/h

Running performance: 3:49 min/km

Rank in course/Total: 3 (of 74)

Rank in course/Men: 3 (of 56)

Best time in course: 39:11

Rank in category: 2(of 10)

Best time in the category: 39:47