



11. Werraenergie Pleßlauf Einzel

Breitungen / 24.08.2014

Detailed evaluation

Kornhas, Christoph

Club: SV Emsetal

Number: 46

Course: 10.50 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 41:37

Speed: 14.42 km/h

Running performance: 3:58 min/km

Rank in course/Total: 6 (of 74)

Rank in course/Men: 6 (of 56)

Best time in course: 39:11

Rank in category: 1(of 6)

Best time in the category: 41:37