



# 11. Werraenergie Pleßlauf Einzel

Breitungen / 24.08.2014

## Detailed evaluation

**Ribbel, Markus**

Club: SV Normania Treffurt

Number: 83

Course: 10.50 km

10 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 42:18

Speed: 14.18 km/h

Running performance: 4:02 min/km

Rank in course/Total: 7 (of 74)

Rank in course/Men: 7 (of 56)

Best time in course: 39:11

Rank in category: 1(of 9)

Best time in the category: 42:18