



11. Werraenergie Pleßlauf Einzel

Breitungen / 24.08.2014

Detailed evaluation

Michel, Rene

Club: Bad Salzungen

Number: 48

Course: 10.50 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 43:19

Speed: 13.85 km/h

Running performance: 4:08 min/km

Rank in course/Total: 10 (of 74)

Rank in course/Men: 10 (of 56)

Best time in course: 39:11

Rank in category: 1(of 5)

Best time in the category: 43:19