



11. Werraenergie Pleßlauf Einzel

Breitungen / 24.08.2014

Detailed evaluation

Zwolski, Andrzej

Club: Bytow

Number: 6

Course: 10.50 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 43:27

Speed: 14.50 km/h

Running performance: 4:08 min/km

Rank in course/Total: 11 (of 74)

Rank in course/Men: 11 (of 56)

Best time in course: 39:11

Rank in category: 4(of 10)

Best time in the category: 39:47