



11. Werraenergie Pleßlauf Einzel

Breitungen / 24.08.2014

Detailed evaluation

Walch, Fredy

Club: Rhöner WSV

Number: 75

Course: 10.50 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 43:54

Speed: 13.67 km/h

Running performance: 4:11 min/km

Rank in course/Total: 12 (of 74)

Rank in course/Men: 12 (of 56)

Best time in course: 39:11

Rank in category: 1(of 6)

Best time in the category: 43:54