



11. Werraenergie Pleßlauf Einzel

Breitungen / 24.08.2014

Detailed evaluation

Lorchheim, Michael

Club: wpc-schmidt.com

Number: 12

Course: 10.50 km

10 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 44:28

Speed: 13.49 km/h

Running performance: 4:14 min/km

Rank in course/Total: 13 (of 74)

Rank in course/Men: 13 (of 56)

Best time in course: 39:11

Rank in category: 3(of 9)

Best time in the category: 42:18