



11. Werraenergie Pleßlauf Einzel

Breitungen / 24.08.2014

Detailed evaluation

Kurtukov, Vladimir

Club: SG Helba

Number: 31

Course: 10.50 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 47:22

Speed: 12.67 km/h

Running performance: 4:31 min/km

Rank in course/Total: 16 (of 74)

Rank in course/Men: 16 (of 56)

Best time in course: 39:11

Rank in category: 5(of 10)

Best time in the category: 39:47