



11. Werraenergie Pleßlauf Einzel

Breitungen / 24.08.2014

Detailed evaluation

Bomberg, Dirk

Club: Impuls Erfurt

Number: 39

Course: 10.50 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 48:25

Speed: 12.39 km/h

Running performance: 4:37 min/km

Rank in course/Total: 20 (of 74)

Rank in course/Men: 18 (of 56)

Best time in course: 39:11

Rank in category: 1(of 4)

Best time in the category: 48:25