



# 11. Werraenergie Pleßlauf Einzel

Breitungen / 24.08.2014

## Detailed evaluation

Schönknecht, Mario

Club: ZSG Waltershausen

Number: 27

Course: 10.50 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 50:22

Speed: 12.51 km/h

Running performance: 4:48 min/km

Rank in course/Total: 24 (of 74)

Rank in course/Men: 22 (of 56)

Best time in course: 39:11

Rank in category: 6(of 10)

Best time in the category: 39:47