



# 11. Werraenergie Pleßlauf Einzel

Breitungen / 24.08.2014

## Detailed evaluation

**Enders, Martin**

Club: Arnstadt

Number: 70

Course: 10.50 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 50:36

Speed: 11.86 km/h

Running performance: 4:49 min/km

Rank in course/Total: 26 (of 74)

Rank in course/Men: 23 (of 56)

Best time in course: 39:11

Rank in category: 2(of 5)

Best time in the category: 43:19