



11. Werraenergie Pleßlauf Einzel

Breitungen / 24.08.2014

Detailed evaluation

Schmidt, Knut

Club: Bärfelser Säcke

Number: 25

Course: 10.50 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 52:35

Speed: 11.41 km/h

Running performance: 5:01 min/km

Rank in course/Total: 32 (of 74)

Rank in course/Men: 28 (of 56)

Best time in course: 39:11

Rank in category: 4(of 5)

Best time in the category: 43:19