



# 11. Werraenergie Pleßlauf Einzel

Breitungen / 24.08.2014

## Detailed evaluation

**Enge, Uwe**

Club: TSG Ruhla RSV 03

Number: 53

Course: 10.50 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 53:25

Speed: 11.23 km/h

Running performance: 5:05 min/km

Rank in course/Total: 34 (of 74)

Rank in course/Men: 30 (of 56)

Best time in course: 39:11

Rank in category: 3(of 6)

Best time in the category: 43:54