



## 13. Werraenergie Pleßlauf

Breitungen / 21.08.2016

### Detailed evaluation

Holland-Nell, Karl-Heinz

Club: GRLV Steinbach-Hallenberg

Number: 49

Course: 10.50 km

10 km Lauf

Category:

Senioren M70 (70-74 Jahre)

Total time: 1:01:04

Speed: 9.83 km/h

Running performance: 5:49 min/km

Rank in course/Total: 40 (of 66)

Rank in course/Men: 32 (of 47)

Best time in course: 39:26

Rank in category: 1(of 2)

Best time in the category: 1:01:04