



13. Werraenergie Pleßlauf
Breitungen / 21.08.2016

Detailed evaluation

Ruck, Michael

Club: Rhönblick

Number: 56

Course: 10.50 km

10 km Lauf

Category:

Senioren M65 (65-69 Jahre)

Total time: 1:05:29

Speed: 9.16 km/h

Running performance: 6:14 min/km

Rank in course/Total: 49 (of 66)

Rank in course/Men: 37 (of 47)

Best time in course: 39:26

Rank in category: 5(of 7)

Best time in the category: 51:36