



13. Werraenergie Pleßlauf  
Breitungen / 21.08.2016

Detailed evaluation

**Wöhner, Ralf**

Club: Merkers  
Number: 524

Course: 5.00 km  
5 km Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 24:24

Speed: 12.30 km/h  
Running performance: 4:53 min/km

Rank in course/Total: 13 (of 34)

Rank in course/Men: 13 (of 25)

Best time in course: 18:15

Rank in category: 3(of 3)

Best time in the category: 19:59