



13. Werraenergie Pleßlauf  
Breitungen / 21.08.2016

Detailed evaluation

Rapier, Jens

Club: Bad Liebenstein  
Number: 522

Course: 5.00 km  
5 km Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 30:59

Speed: 9.68 km/h  
Running performance: 6:12 min/km

Rank in course/Total: 26 (of 34)

Rank in course/Men: 21 (of 25)

Best time in course: 18:15

Rank in category: 4(of 4)

Best time in the category: 25:21