



13. Werraenergie Pleßlauf  
Breitungen / 21.08.2016

Detailed evaluation

Guzowski, Dariusz

Club: Bytow

Number: 5

Course: 10.50 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 40:14

Speed: 15.66 km/h

Running performance: 3:50 min/km

Rank in course/Total: 3 (of 66)

Rank in course/Men: 3 (of 47)

Best time in course: 39:26

Rank in category: 1(of 2)

Best time in the category: 40:14