



13. Werraenergie Pleßlauf  
Breitungen / 21.08.2016

Detailed evaluation

Kurtukov, Vladimir

Club: SG Helba  
Number: 75

Course: 10.50 km  
10 km Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 49:30

Speed: 12.12 km/h  
Running performance: 4:43 min/km

Rank in course/Total: 9 (of 66)

Rank in course/Men: 7 (of 47)

Best time in course: 39:26

Rank in category: 2(of 2)

Best time in the category: 40:14