



13. Werraenergie Pleßlauf
Breitungen / 21.08.2016

Detailed evaluation

Kynast, Rene

Club: BW Dermbach

Number: 61

Course: 10.50 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 51:14

Speed: 11.71 km/h

Running performance: 4:53 min/km

Rank in course/Total: 14 (of 66)

Rank in course/Men: 12 (of 47)

Best time in course: 39:26

Rank in category: 1(of 5)

Best time in the category: 51:14