



13. Werraenergie Pleßlauf  
Breitungen / 21.08.2016

Detailed evaluation

Lange, Heiko

Club: Lauffreunde Zimmermann  
Number: 54

Course: 10.50 km  
10 km Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 53:14

Speed: 11.27 km/h  
Running performance: 5:04 min/km

Rank in course/Total: 18 (of 66)

Rank in course/Men: 16 (of 47)

Best time in course: 39:26

Rank in category: 2(of 5)

Best time in the category: 51:14