



13. Werraenergie Pleßlauf
Breitungen / 21.08.2016

Detailed evaluation

Rudorf, Hans-Joachim

Club: fsv meuselwitz
Number: 40

Course: 10.50 km
10 km Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 54:12

Speed: 11.07 km/h
Running performance: 5:10 min/km

Rank in course/Total: 21 (of 66)

Rank in course/Men: 19 (of 47)

Best time in course: 39:26

Rank in category: 2(of 6)

Best time in the category: 50:43