



13. Werraenergie Pleßlauf

Breitungen / 21.08.2016

Detailed evaluation

Hempel, Ernst

Club: Saalfelder LV

Number: 77

Course: 10.50 km

10 km Lauf

Category:

Senioren M65 (65-69 Jahre)

Total time: 55:00

Speed: 11.45 km/h

Running performance: 5:14 min/km

Rank in course/Total: 23 (of 66)

Rank in course/Men: 20 (of 47)

Best time in course: 39:26

Rank in category: 3(of 7)

Best time in the category: 51:36