



13. Werraenergie Pleßlauf  
Breitungen / 21.08.2016

Detailed evaluation

**Simon, Holger**

Club: Schmalkalden  
Number: 9

Course: 10.50 km  
10 km Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 55:57

Speed: 11.26 km/h  
Running performance: 5:20 min/km

Rank in course/Total: 25 (of 66)

Rank in course/Men: 22 (of 47)

Best time in course: 39:26

Rank in category: 1(of 1)

Best time in the category: 55:57