



13. Werraenergie Pleßlauf  
Breitungen / 21.08.2016

Detailed evaluation

Ellerkamm, Jürgen

Club: GutsMuths-Rennsteiglaufverein  
Number: 19

Course: 10.50 km  
10 km Lauf

Category:  
Senioren M75 (75- 79 Jahre)

Total time: 1:00:49

Speed: 9.87 km/h  
Running performance: 5:47 min/km

Rank in course/Total: 38 (of 66)

Rank in course/Men: 30 (of 47)

Best time in course: 39:26

Rank in category: 1(of 1)

Best time in the category: 1:00:49