



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Rippel, Markus

Club: SV Nomania Treffurt

Number: 564

Course: 21.10 km

Halbmarathon

Category:

Männer M30

Total time: 1:33:03

Speed: 13.61 km/h

Running performance: 4:25 min/km

Rank in course/Total: 4 (of 58)

Rank in course/Men: 4 (of 47)

Best time in course: 1:18:38

Rank in category: 1(of 2)

Best time in the category: 1:33:03

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Pleß	13.00	1:02:41	4:49	1	-	4	10:04	13.00	1:02:41	4:49	1	-	28	
Festplatz	8.10	30:22	3:44	1	-	4	4:21	21.10	1:33:03	4:24	1	-	4	14:25