



## 8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

### Detailed evaluation

#### Laudage, Steffen

Club: Zella Mehliis

Number: 534

Course: 21.10 km

Halbmarathon

Category:

Männer M45

Total time: 1:41:11

Speed: 12.51 km/h

Running performance: 4:48 min/km

Rank in course/Total: 5 (of 58)

Rank in course/Men: 5 (of 47)

Best time in course: 1:18:38

Rank in category: 2(of 7)

Best time in the category: 1:24:23

#### 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	1:08:24	5:15	2	11:13	6	15:47	13.00	1:08:24	5:15	2	11:13	29	
Festplatz	8.10	32:47	4:02	2	5:35	5	6:46	21.10	1:41:11	4:47	2	16:48	5	22:33