



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Bing, Holger

Club: Rhöner WSV

Number: 538

Course: 21.10 km

Halbmarathon

Category:

Männer M50

Total time: 1:42:31

Speed: 12.29 km/h

Running performance: 4:52 min/km

Rank in course/Total: 7 (of 58)

Rank in course/Men: 7 (of 47)

Best time in course: 1:18:38

Rank in category: 1(of 4)

Best time in the category: 1:42:31

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	1:08:38	5:16	1	-	7	16:01	13.00	1:08:38	5:16	1	-	31	
Festplatz	8.10	33:53	4:10	1	-	6	7:52	21.10	1:42:31	4:51	1	-	7	23:53