



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Diefert, Ralf

Club: LT Steinau

Number: 545

Course: 21.10 km

Halbmarathon

Category:

Männer M45

Total time: 1:47:16

Speed: 11.80 km/h

Running performance: 5:05 min/km

Rank in course/Total: 11 (of 58)

Rank in course/Men: 11 (of 47)

Best time in course: 1:18:38

Rank in category: 3(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	1:11:00	5:27	3	13:49	10	18:23	13.00	1:11:00	5:27	3	13:49	35	
Festplatz	8.10	36:16	4:28	5	9:04	18	10:15	21.10	1:47:16	5:05	3	22:53	11	28:38