



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Gobel, Gunar

Club: Bundeswehr

Number: 510

Course: 21.10 km

Halbmarathon

Category:

Männer M45

Total time: 1:49:19

Speed: 11.53 km/h

Running performance: 5:11 min/km

Rank in course/Total: 15 (of 58)

Rank in course/Men: 15 (of 47)

Best time in course: 1:18:38

Rank in category: 4(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	1:13:56	5:41	4	16:45	16	21:19	13.00	1:13:56	5:41	4	16:45	39	
Festplatz	8.10	35:23	4:22	3	8:11	12	9:22	21.10	1:49:19	5:10	4	24:56	15	30:41