



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Zösche, Karsten

Club: PSV Meiningen

Number: 565

Course: 21.10 km

Halbmarathon

Category:

Männer M45

Total time: 1:52:39

Speed: 11.19 km/h

Running performance: 5:20 min/km

Rank in course/Total: 19 (of 58)

Rank in course/Men: 19 (of 47)

Best time in course: 1:18:38

Rank in category: 5(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	1:16:25	5:52	5	19:14	23	23:48	13.00	1:16:25	5:52	5	19:14	43	
Festplatz	8.10	36:14	4:28	4	9:02	17	10:13	21.10	1:52:39	5:20	5	28:16	19	34:01