



# 8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

## Detailed evaluation

**Lemuth, Hans Martin**

Club: Metzels

Number: 555

Course: 21.10 km

Halbmarathon

Category:

Männer M55

Total time: 1:56:29

Speed: 10.87 km/h

Running performance: 5:31 min/km

Rank in course/Total: 27 (of 58)

Rank in course/Men: 27 (of 47)

Best time in course: 1:18:38

Rank in category: 2(of 7)

Best time in the category: 1:54:42

## 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	1:20:18	6:10	4	3:11	31	27:41	13.00	1:20:18	6:10	2	2:54	4	
Festplatz	8.10	36:11	4:28	1	-	16	10:10	21.10	1:56:29	5:31	2	1:47	27	37:51