



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Keppler, Bernd

Club: Meiningen

Number: 903

Course: 30.00 km

30 km-Lauf

Category:

Männer M45

Total time: 2:17:12

Speed: 13.12 km/h

Running performance: 4:34 min/km

Rank in course/Total: 1 (of 31)

Rank in course/Men: 1 (of 26)

Best time in course: 2:17:12

Rank in category: 1(of 5)

Best time in the category: 2:17:12

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
Pleß	18.00	1:23:19	4:37	1	-	1	-	18.00	1:23:19	4:37	1	-	14	
Pleß	4.00	19:48	4:57	1	-	1	-	22.00	1:43:07	4:41	1	-	14	
Festplatz	8.00	34:05	4:15	1	-	2	1:47	30.00	2:17:12	4:34	1	-	1	-