



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Herting, Falko

Club: RSV Meiningen

Number: 915

Course: 30.00 km

30 km-Lauf

Category:

Männer M50

Total time: 2:17:45

Speed: 13.07 km/h

Running performance: 4:35 min/km

Rank in course/Total: 2 (of 31)

Rank in course/Men: 2 (of 26)

Best time in course: 2:17:12

Rank in category: 1(of 3)

Best time in the category: 2:17:45

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | |
|-----------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Pleß | 18.00 | 1:24:49 | 4:42 | 1 | - | 2 | 1:30 | 18.00 | 1:24:49 | 4:42 | 1 | - | 26 | |
| Pleß | 4.00 | 20:38 | 5:09 | 1 | - | 2 | 0:50 | 22.00 | 1:45:27 | 4:47 | 1 | - | 26 | |
| Festplatz | 8.00 | 32:18 | 4:02 | 1 | - | 1 | - | 30.00 | 2:17:45 | 4:35 | 1 | - | 2 | 0:33 |