



## 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 | 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      | 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   |