



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

messerschmidt, lothar

Club: Ruhla
Number: 517

Course: 21.10 km
21 km Nordic Walking

Category:
Nordic Walking Männer

Total time: 2:55:01

Speed: 7.20 km/h
Running performance: 8:17 min/km

Rank in course/Total: 1 (of 9)

Rank in course/Men: 1 (of 5)

Best time in course: 2:55:01

Rank in category: 1(of 5)

Best time in the category: 2:55:01

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	1:53:04	8:41	3	0:44	3	0:44	13.00	1:53:04	8:41	1	-	1	-
Festplatz	8.10	1:01:57	7:38	1	-	1	-	21.10	2:55:01	8:17	1	-	1	-