



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Große, Achim

Club: LV Sonneberg

Number: 909

Course: 30.00 km

30 km-Lauf

Category:

Männer M45

Total time: 2:27:30

Speed: 12.20 km/h

Running performance: 4:55 min/km

Rank in course/Total: 4 (of 31)

Rank in course/Men: 4 (of 26)

Best time in course: 2:17:12

Rank in category: 2(of 5)

Best time in the category: 2:17:12

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	1:30:53	5:02	2	7:34	5	7:34	18.00	1:30:53	5:02	2	7:34	24		
Pleß	4.00	21:33	5:23	2	1:45	4	1:45	22.00	1:52:26	5:06	2	9:19	24		
Festplatz	8.00	35:04	4:23	2	0:59	5	2:46	30.00	2:27:30	4:55	2	10:18	4	10:18	