



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Pöschel, Jörg

Club: LV Sonneberg

Number: 925

Course: 30.00 km

30 km-Lauf

Category:

Männer M35

Total time: 2:27:35

Speed: 12.20 km/h

Running performance: 4:55 min/km

Rank in course/Total: 5 (of 31)

Rank in course/Men: 5 (of 26)

Best time in course: 2:17:12

Rank in category: 1(of 6)

Best time in the category: 2:27:35

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	1:31:44	5:05	2	4:23	6	8:25	18.00	1:31:44	5:05	1	-	23	
Pleß	4.00	21:36	5:24	1	-	5	1:48	22.00	1:53:20	5:09	1	-	23	
Festplatz	8.00	34:15	4:16	1	-	3	1:57	30.00	2:27:35	4:55	1	-	5	10:23