



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Roth, Ralf

Club: Kogatan Bad Salzungen

Number: 505

Course: 21.10 km

Halbmarathon

Category:

Männer M45

Total time: 2:07:20

Speed: 9.94 km/h

Running performance: 6:02 min/km

Rank in course/Total: 36 (of 58)

Rank in course/Men: 35 (of 47)

Best time in course: 1:18:38

Rank in category: 6(of 7)

Best time in the category: 1:24:23

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	1:25:42	6:35	6	28:31	38	33:05	13.00	1:25:42	6:35	6	28:31	12	0:48
Festplatz	8.10	41:38	5:08	7	14:26	35	15:37	21.10	2:07:20	6:02	6	42:57	35	48:42