



# 8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

## Detailed evaluation

**Römer, Ramona**

Club: Laufftreff Breitungen

Number: 913

Course: 30.00 km

30 km-Lauf

Category:

Frauen W35

Total time: 2:28:37

Speed: 12.11 km/h

Running performance: 4:57 min/km

Rank in course/Total: 6 (of 31)

Rank in course/Women: 1 (of 5)

Best time in course: 2:28:37

Rank in category: 1(of 1)

Best time in the category: 2:28:37

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Pleß	18.00	1:33:34	5:11	1	-	1	-	18.00	1:33:34	5:11	1	-	1	-
Pleß	4.00	21:25	5:21	1	-	1	-	22.00	1:54:59	5:13	1	-	1	-
Festplatz	8.00	33:38	4:12	1	-	1	-	30.00	2:28:37	4:57	1	-	1	-