



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Weitz, Bastian

Club: Tiefenort

Number: 904

Course: 30.00 km

30 km-Lauf

Category:

Männer M30

Total time: 2:30:58

Speed: 11.92 km/h

Running performance: 5:02 min/km

Rank in course/Total: 7 (of 31)

Rank in course/Men: 6 (of 26)

Best time in course: 2:17:12

Rank in category: 1(of 4)

Best time in the category: 2:30:58

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	1:33:43	5:12	2	0:33	9	10:24	18.00	1:33:43	5:12	1	-	22	
Pleß	4.00	21:27	5:21	1	-	3	1:39	22.00	1:55:10	5:14	1	-	22	
Festplatz	8.00	35:48	4:28	1	-	6	3:30	30.00	2:30:58	5:01	1	-	6	13:46