



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Syla, Elvira

Club: Alea Sanitas

Number: 527

Course: 21.10 km

21 km Nordic Walking

Category:

Nordic Walking Frauen

Total time: 3:03:48

Speed: 6.86 km/h

Running performance: 8:43 min/km

Rank in course/Total: 4 (of 9)

Rank in course/Women: 1 (of 4)

Best time in course: 3:03:48

Rank in category: 1 (of 4)

Best time in the category: 3:03:48

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.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Pleß	13.00	1:55:41	8:53	1	-	1	-	13.00	1:55:41	8:53	1	-	1	-
Festplatz	8.10	1:08:07	8:24	1	-	1	-	21.10	3:03:48	8:42	1	-	1	-