



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Lindner, André

Club: Chemnitz

Number: 901

Course: 30.00 km

30 km-Lauf

Category:

Männer M35

Total time: 2:32:52

Speed: 11.77 km/h

Running performance: 5:06 min/km

Rank in course/Total: 8 (of 31)

Rank in course/Men: 7 (of 26)

Best time in course: 2:17:12

Rank in category: 2(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	1:32:01	5:06	3	4:40	7	8:42	18.00	1:32:01	5:06	2	0:17	21	
Pleß	4.00	22:20	5:34	2	0:44	6	2:32	22.00	1:54:21	5:11	2	1:01	21	
Festplatz	8.00	38:31	4:48	2	4:16	11	6:13	30.00	2:32:52	5:05	2	5:17	7	15:40