



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Biskamp, Stephan

Club: Philippsthaler Landgrafen

Number: 910

Course: 30.00 km

30 km-Lauf

Category:

Männer M50

Total time: 2:33:12

Speed: 11.75 km/h

Running performance: 5:07 min/km

Rank in course/Total: 9 (of 31)

Rank in course/Men: 8 (of 26)

Best time in course: 2:17:12

Rank in category: 2(of 3)

Best time in the category: 2:17:45

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Total ranking				
						Pos Men	Behind Men				Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Pleß	18.00	1:34:10	5:13	2	9:21	10	10:51	18.00	1:34:10	5:13	2	9:21	20		
Pleß	4.00	22:49	5:42	2	2:11	8	3:01	22.00	1:56:59	5:19	2	11:32	20		
Festplatz	8.00	36:13	4:31	2	3:55	7	3:55	30.00	2:33:12	5:06	2	15:27	8	16:00	