



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Zachen, Frank

Club: Unkelroda

Number: 566

Course: 21.10 km

Halbmarathon

Category:

Männer M40

Total time: 2:13:59

Speed: 9.40 km/h

Running performance: 6:21 min/km

Rank in course/Total: 46 (of 58)

Rank in course/Men: 42 (of 47)

Best time in course: 1:18:38

Rank in category: 10(of 10)

Best time in the category: 1:46:27

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	13.00	1:27:53	6:45	10	17:07	41	35:16	13.00	1:27:53	6:45	10	15:58	19	2:59
Festplatz	8.10	46:06	5:41	10	11:34	42	20:05	21.10	2:13:59	6:20	10	27:32	42	55:21