



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Hupel, Sabine

Club: SV Bad Berka

Number: 530

Course: 21.10 km

21 km Nordic Walking

Category:

Nordic Walking Frauen

Total time: 3:06:40

Speed: 6.78 km/h

Running performance: 8:51 min/km

Rank in course/Total: 5 (of 9)

Rank in course/Women: 2 (of 4)

Best time in course: 3:03:48

Rank in category: 2 (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	1:57:53	9:04	2	2:12	2	2:12	13.00	1:57:53	9:04	2	2:12	2	2:12
Festplatz	8.10	1:08:47	8:29	3	0:40	3	0:40	21.10	3:06:40	8:50	2	2:52	2	2:52