



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Paus, Veronika

Club: Bad Berka

Number: 528

Course: 21.10 km

21 km Nordic Walking

Category:

Nordic Walking Frauen

Total time: 3:06:41

Speed: 6.78 km/h

Running performance: 8:51 min/km

Rank in course/Total: 6 (of 9)

Rank in course/Women: 3 (of 4)

Best time in course: 3:03:48

Rank in category: 3 (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	1:57:58	9:04	3	2:17	3	2:17	13.00	1:57:58	9:04	3	2:17	3	2:17
Festplatz	8.10	1:08:43	8:29	2	0:36	2	0:36	21.10	3:06:41	8:50	3	2:53	3	2:53