



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: 6.75 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 km | Split Time | Split min/km | Stage score | | | | Total ranking | | | | | | |
|-----------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
| | | | | Pos Cat. | Behind Cat. | Pos Women | Behind Women | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Women | Behind 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 |