



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Reich, Michael

Club: WSV Steinbach 07

Number: 930

Course: 30.00 km

30 km-Lauf

Category:

Männer M35

Total time: 2:35:37

Speed: 11.57 km/h

Running performance: 5:11 min/km

Rank in course/Total: 10 (of 31)

Rank in course/Men: 9 (of 26)

Best time in course: 2:17:12

Rank in category: 3(of 6)

Best time in the category: 2:27:35

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Pleß	18.00	1:27:21	4:51	1	-	4	4:02	18.00	1:27:21	4:51	3			19	
Pleß	4.00	25:28	6:21	3	3:52	14	5:40	22.00	1:52:49	5:07	3			19	
Festplatz	8.00	42:48	5:20	4	8:33	21	10:30	30.00	2:35:37	5:11	3	8:02		9	18:25