



## 8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

### Detailed evaluation

Schade, Ronny

Club: WSV 1907 Neuhaus

Number: 919

Course: 30.00 km

30 km-Lauf

Category:

Männer M30

Total time: 2:35:41

Speed: 11.56 km/h

Running performance: 5:11 min/km

Rank in course/Total: 11 (of 31)

Rank in course/Men: 10 (of 26)

Best time in course: 2:17:12

Rank in category: 2(of 4)

Best time in the category: 2:30:58

### 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	18.00	1:33:10	5:10	1	-	8	9:51	18.00	1:33:10	5:10	2			18
Pleß	4.00	24:44	6:11	2	3:17	13	4:56	22.00	1:57:54	5:21	2	2:44		18
Festplatz	8.00	37:47	4:43	2	1:59	9	5:29	30.00	2:35:41	5:11	2	4:43		10 18:29