



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Bing, Katrin

Club: Rhöner WSV

Number: 539

Course: 21.10 km

Halbmarathon

Category:

Frauen W45

Total time: 2:18:47

Speed: 9.08 km/h

Running performance: 6:35 min/km

Rank in course/Total: 49 (of 58)

Rank in course/Women: 6 (of 11)

Best time in course: 2:04:26

Rank in category: 3(of 4)

Best time in the category: 2:12:29

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind			
				Cat.	Women	Cat.	Women				Cat.	Women	Cat.	Women		
Pleß	13.00	1:33:35	7:11	4		4:41	7	8:54	13.00	1:33:35	7:11	3		3:22	6	8:54
Festplatz	8.10	45:12	5:34	3		2:56	5	5:27	21.10	2:18:47	6:34	3		6:18	6	14:21