



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Michalk, Bernhard

Club: Rudolstadt

Number: 911

Course: 30.00 km

30 km-Lauf

Category:

Männer M45

Total time: 2:40:02

Speed: 11.25 km/h

Running performance: 5:20 min/km

Rank in course/Total: 12 (of 31)

Rank in course/Men: 11 (of 26)

Best time in course: 2:17:12

Rank in category: 3(of 5)

Best time in the category: 2:17:12

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	1:37:51	5:26	3	14:32	12	14:32	18.00	1:37:51	5:26	3	14:32	17	
Pleß	4.00	23:11	5:47	3	3:23	9	3:23	22.00	2:01:02	5:30	3	17:55	17	
Festplatz	8.00	39:00	4:52	3	4:55	13	6:42	30.00	2:40:02	5:20	3	22:50	11	22:50