



## 8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

### Detailed evaluation

**Kirsch, Rene**

Club: Sportteam Steinbach Meiningen

Number: 900

Course: 30.00 km

30 km-Lauf

Category:

Männer M30

Total time: 2:41:02

Speed: 11.18 km/h

Running performance: 5:22 min/km

Rank in course/Total: 14 (of 31)

Rank in course/Men: 13 (of 26)

Best time in course: 2:17:12

Rank in category: 3(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	1:35:15	5:17	3	2:05	11	11:56	18.00	1:35:15	5:17	3	1:32	15	
Pleß	4.00	26:13	6:33	4	4:46	17	6:25	22.00	2:01:28	5:31	3	6:18	15	
Festplatz	8.00	39:34	4:56	4	3:46	16	7:16	30.00	2:41:02	5:22	3	10:04	13	23:50