



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Zamzow, Stephanie

Club: Rhöner Wintersportverein

Number: 501

Course: 21.10 km

Halbmarathon

Category:

Frauen W50

Total time: 2:21:43

Speed: 8.89 km/h

Running performance: 6:43 min/km

Rank in course/Total: 52 (of 58)

Rank in course/Women: 9 (of 11)

Best time in course: 2:04:26

Rank in category: 2(of 2)

Best time in the category: 2:17:57

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.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Pleß	13.00	1:34:43	7:17	2	3:48	9	10:02	13.00	1:34:43	7:17	2	3:48	9	10:02
Festplatz	8.10	47:00	5:48	1	-	7	7:15	21.10	2:21:43	6:42	2	3:46	9	17:17