



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Bierau, Astrid

Club: Pummpälz

Number: 529

Course: 21.10 km

21 km Nordic Walking

Category:

Nordic Walking Frauen

Total time: 3:13:57

Speed: 6.53 km/h

Running performance: 9:11 min/km

Rank in course/Total: 7 (of 9)

Rank in course/Women: 4 (of 4)

Best time in course: 3:03:48

Rank in category: 4 (of 4)

Best time in the category: 3:03:48

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	2:05:04	9:37	4	9:23	4	9:23	13.00	2:05:04	9:37	4	9:23	4	9:23
Festplatz	8.10	1:08:53	8:30	4	0:46	4	0:46	21.10	3:13:57	9:11	4	10:09	4	10:09