



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Schafberg, Jörg

Club: Lauffreunde Barchsfeld

Number: 922

Course: 30.00 km

30 km-Lauf

Category:

Männer M40

Total time: 2:44:09

Speed: 10.97 km/h

Running performance: 5:28 min/km

Rank in course/Total: 15 (of 31)

Rank in course/Men: 14 (of 26)

Best time in course: 2:17:12

Rank in category: 1(of 3)

Best time in the category: 2:44:09

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	1:41:05	5:36	1	-	14	17:46	18.00	1:41:05	5:36	1	-	1	-
Pleß	4.00	23:43	5:55	1	-	11	3:55	22.00	2:04:48	5:40	1	-	1	-
Festplatz	8.00	39:21	4:55	1	-	14	7:03	30.00	2:44:09	5:28	1	-	14	26:57