



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 |