



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Iffert, Karl

Club: Wernshäuser Lauftreff

Number: 924

Course: 30.00 km

30 km-Lauf

Category:

Männer M55

Total time: 2:44:39

Speed: 10.93 km/h

Running performance: 5:29 min/km

Rank in course/Total: 16 (of 31)

Rank in course/Men: 15 (of 26)

Best time in course: 2:17:12

Rank in category: 1(of 1)

Best time in the category: 2:44:39

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	1:42:35	5:41	1	-	15	19:16	18.00	1:42:35	5:41	1	-	13	1:30
Pleß	4.00	24:05	6:01	1	-	12	4:17	22.00	2:06:40	5:45	1	-	13	1:52
Festplatz	8.00	37:59	4:44	1	-	10	5:41	30.00	2:44:39	5:29	1	-	15	27:27