



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Jurkschat, Uta

Club: WTA Weser

Number: 917

Course: 30.00 km

30 km-Lauf

Category:

Frauen W40

Total time: 2:49:37

Speed: 10.61 km/h

Running performance: 5:39 min/km

Rank in course/Total: 17 (of 31)

Rank in course/Women: 2 (of 5)

Best time in course: 2:28:37

Rank in category: 1(of 1)

Best time in the category: 2:49:37

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Women	Behind Women						Pos Women	Behind Women
Pleß	18.00	1:47:34	5:58	1	-	3	14:00	18.00	1:47:34	5:58	1	-	2	14:00
Pleß	4.00	24:18	6:04	1	-	2	2:53	22.00	2:11:52	5:59	1	-	2	16:53
Festplatz	8.00	37:45	4:43	1	-	2	4:07	30.00	2:49:37	5:39	1	-	2	21:00