



# 8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

## Detailed evaluation

**Gasa, Carola**

Club: SV Mihla

Number: 933

Course: 30.00 km

30 km-Lauf

Category:

Frauen W45

Total time: 2:49:58

Speed: 10.59 km/h

Running performance: 5:40 min/km

Rank in course/Total: 18 (of 31)

Rank in course/Women: 3 (of 5)

Best time in course: 2:28:37

Rank in category: 1(of 2)

Best time in the category: 2:49:58

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Pleß	18.00	1:45:23	5:51	1	-	2	11:49	18.00	1:45:23	5:51	1	-	3	11:49
Pleß	4.00	25:54	6:28	1	-	3	4:29	22.00	2:11:17	5:58	1	-	3	16:18
Festplatz	8.00	38:41	4:50	1	-	3	5:03	30.00	2:49:58	5:39	1	-	3	21:21