



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Trautmann, Jürgen

Club: Barchfeld

Number: 906

Course: 30.00 km

30 km-Lauf

Category:

Männer M40

Total time: 2:51:57

Speed: 10.47 km/h

Running performance: 5:44 min/km

Rank in course/Total: 19 (of 31)

Rank in course/Men: 16 (of 26)

Best time in course: 2:17:12

Rank in category: 2(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	1:43:58	5:46	2	2:53	16	20:39	18.00	1:43:58	5:46	2	2:53	12	2:53
Pleß	4.00	26:27	6:36	2	2:44	19	6:39	22.00	2:10:25	5:55	2	5:37	12	5:37
Festplatz	8.00	41:32	5:11	2	2:11	18	9:14	30.00	2:51:57	5:43	2	7:48	16	34:45