



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Nickel, Andreas

Club: Weimar

Number: 918

Course: 30.00 km

30 km-Lauf

Category:

Männer M30

Total time: 2:53:21

Speed: 10.38 km/h

Running performance: 5:47 min/km

Rank in course/Total: 20 (of 31)

Rank in course/Men: 17 (of 26)

Best time in course: 2:17:12

Rank in category: 4(of 4)

Best time in the category: 2:30:58

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	1:48:51	6:02	4	15:41	23	25:32	18.00	1:48:51	6:02	4	15:08	11	7:46
Pleß	4.00	25:40	6:25	3	4:13	15	5:52	22.00	2:14:31	6:06	4	19:21	11	9:43
Festplatz	8.00	38:50	4:51	3	3:02	12	6:32	30.00	2:53:21	5:46	4	22:23	17	36:09