



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Denner, Mathias

Club: Soziale Arbeit läuft

Number: 935

Course: 30.00 km

30 km-Lauf

Category:

Männer M20

Total time: 2:54:11

Speed: 10.33 km/h

Running performance: 5:49 min/km

Rank in course/Total: 21 (of 31)

Rank in course/Men: 18 (of 26)

Best time in course: 2:17:12

Rank in category: 3(of 3)

Best time in the category: 2:22:50

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	1:46:16	5:54	3	20:12	19	22:57	18.00	1:46:16	5:54	3	20:12	10	5:11
Pleß	4.00	26:20	6:34	3	3:55	18	6:32	22.00	2:12:36	6:01	3	24:07	10	7:48
Festplatz	8.00	41:35	5:11	3	7:14	19	9:17	30.00	2:54:11	5:48	3	31:21	18	36:59