



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Baumgärtel, Jens

Club: Nohra
Number: 921

Course: 30.00 km
30 km-Lauf

Category:
Männer M50

Total time: 2:54:39

Speed: 10.31 km/h
Running performance: 5:49 min/km

Rank in course/Total: 22 (of 31)

Rank in course/Men: 19 (of 26)

Best time in course: 2:17:12

Rank in category: 3(of 3)

Best time in the category: 2:17:45

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Pleß	18.00	1:49:08	6:03	3	24:19	24	25:49	18.00	1:49:08	6:03	3	24:19	9	8:03
Pleß	4.00	26:00	6:30	3	5:22	16	6:12	22.00	2:15:08	6:08	3	29:41	9	10:20
Festplatz	8.00	39:31	4:56	3	7:13	15	7:13	30.00	2:54:39	5:49	3	36:54	19	37:27