



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Beck, Monika

Club: TV 03 Heringen

Number: 914

Course: 30.00 km

30 km-Lauf

Category:

Frauen W45

Total time: 2:55:03

Speed: 10.28 km/h

Running performance: 5:50 min/km

Rank in course/Total: 23 (of 31)

Rank in course/Women: 4 (of 5)

Best time in course: 2:28:37

Rank in category: 2(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.	Stage score		Total km	Total Time	Total min/km	Total ranking			
						Pos Women	Behind Women				Pos Cat.	Behind Cat.	Pos Women	Behind Women
Pleß	18.00	1:47:38	5:58	2	2:15	4	14:04	18.00	1:47:38	5:58	2	2:15	4	14:04
Pleß	4.00	25:59	6:29	2	0:05	4	4:34	22.00	2:13:37	6:04	2	2:20	4	18:38
Festplatz	8.00	41:26	5:10	2	2:45	4	7:48	30.00	2:55:03	5:50	2	5:05	4	26:26