



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Höfer, Dietmar

Club: Eisenach

Number: 920

Course: 30.00 km

30 km-Lauf

Category:

Männer M40

Total time: 2:55:36

Speed: 10.25 km/h

Running performance: 5:51 min/km

Rank in course/Total: 24 (of 31)

Rank in course/Men: 20 (of 26)

Best time in course: 2:17:12

Rank in category: 3(of 3)

Best time in the category: 2:44:09

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Pleß	18.00	1:44:38	5:48	3	3:33	17	21:19	18.00	1:44:38	5:48	3	3:33	8	3:33
Pleß	4.00	27:47	6:56	3	4:04	22	7:59	22.00	2:12:25	6:01	3	7:37	8	7:37
Festplatz	8.00	43:11	5:23	3	3:50	22	10:53	30.00	2:55:36	5:51	3	11:27	20	38:24