



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Heise, Ralf

Club: SC Impuls Erfurt

Number: 907

Course: 30.00 km

30 km-Lauf

Category:

Männer M35

Total time: 2:58:33

Speed: 10.08 km/h

Running performance: 5:57 min/km

Rank in course/Total: 25 (of 31)

Rank in course/Men: 21 (of 26)

Best time in course: 2:17:12

Rank in category: 4(of 6)

Best time in the category: 2:27:35

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	1:47:50	5:59	6	20:29	21	24:31	18.00	1:47:50	5:59	4	16:06	7	6:45
Pleß	4.00	28:15	7:03	6	6:39	23	8:27	22.00	2:16:05	6:11	4	22:45	7	11:17
Festplatz	8.00	42:28	5:18	3	8:13	20	10:10	30.00	2:58:33	5:57	4	30:58	21	41:21