



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Groß, Rene

Club: Schmalkalder LV

Number: 923

Course: 30.00 km

30 km-Lauf

Category:

Männer M35

Total time: 3:01:35

Speed: 9.91 km/h

Running performance: 6:03 min/km

Rank in course/Total: 26 (of 31)

Rank in course/Men: 22 (of 26)

Best time in course: 2:17:12

Rank in category: 5(of 6)

Best time in the category: 2:27:35

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	1:47:42	5:59	5	20:21	20	24:23	18.00	1:47:42	5:59	5	15:58	6	6:37
Pleß	4.00	26:56	6:44	5	5:20	21	7:08	22.00	2:14:38	6:07	5	21:18	6	9:50
Festplatz	8.00	46:57	5:52	5	12:42	24	14:39	30.00	3:01:35	6:03	5	34:00	22	44:23