



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Klinzing, Ullrich

Club: Ludwigsfelde

Number: 908

Course: 30.00 km

30 km-Lauf

Category:

Männer M45

Total time: 3:06:15

Speed: 9.66 km/h

Running performance: 6:13 min/km

Rank in course/Total: 27 (of 31)

Rank in course/Men: 23 (of 26)

Best time in course: 2:17:12

Rank in category: 4(of 5)

Best time in the category: 2:17:12

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	1:48:13	6:00	4	24:54	22	24:54	18.00	1:48:13	6:00	4	24:54	5	7:08
Pleß	4.00	30:20	7:34	5	10:32	26	10:32	22.00	2:18:33	6:17	4	35:26	5	13:45
Festplatz	8.00	47:42	5:57	5	13:37	25	15:24	30.00	3:06:15	6:12	4	49:03	23	49:03