



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Rasch, Holger

Club: SV Mihla

Number: 934

Course: 30.00 km

30 km-Lauf

Category:

Männer M45

Total time: 3:07:11

Speed: 9.62 km/h

Running performance: 6:14 min/km

Rank in course/Total: 28 (of 31)

Rank in course/Men: 24 (of 26)

Best time in course: 2:17:12

Rank in category: 5(of 5)

Best time in the category: 2:17:12

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	1:56:27	6:28	5	33:08	25	33:08	18.00	1:56:27	6:28	5	33:08	4	15:22
Pleß	4.00	29:34	7:23	4	9:46	24	9:46	22.00	2:26:01	6:38	5	42:54	4	21:13
Festplatz	8.00	41:10	5:08	4	7:05	17	8:52	30.00	3:07:11	6:14	5	49:59	24	49:59