



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Lippmann, Dieter

Club: Jena

Number: 916

Course: 30.00 km

30 km-Lauf

Category:

Männer M60

Total time: 3:11:35

Speed: 9.40 km/h

Running performance: 6:23 min/km

Rank in course/Total: 29 (of 31)

Rank in course/Men: 25 (of 26)

Best time in course: 2:17:12

Rank in category: 1(of 1)

Best time in the category: 3:11:35

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	1:57:04	6:30	1	-	26	33:45	18.00	1:57:04	6:30	1	-	3	15:59
Pleß	4.00	29:39	7:24	1	-	25	9:51	22.00	2:26:43	6:40	1	-	3	21:55
Festplatz	8.00	44:52	5:36	1	-	23	12:34	30.00	3:11:35	6:23	1	-	25	54:23