



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Esche, Karsten

Club: LSV Lok Arnstadt

Number: 905

Course: 30.00 km

30 km Nordic Walking

Category:

Nordic Walking Männer

Total time: 3:52:41

Speed: 7.74 km/h

Running performance: 7:46 min/km

Rank in course/Total: 1 (of 2)

Rank in course/Men: 1 (of 2)

Best time in course: 3:52:41

Rank in category: 1(of 2)

Best time in the category: 3:52:41

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	2:18:21	7:41	1	-	1	-	18.00	2:18:21	7:41	1	-	1	-
Pleß	4.00	33:13	8:18	1	-	1	-	22.00	2:51:34	7:47	1	-	1	-
Festplatz	8.00	1:01:07	7:38	1	-	1	-	30.00	3:52:41	7:45	1	-	1	-