



## 8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

### Detailed evaluation

**Gattung, Rainer**

Club: Witzelroda

Number: 599

Course: 21.10 km

Halbmarathon

Category:

Männer M55

Total time: 3:11:14

Speed: 6.59 km/h

Running performance: 9:04 min/km

Rank in course/Total: 58 (of 58)

Rank in course/Men: 47 (of 47)

Best time in course: 1:18:38

Rank in category: 7(of 7)

Best time in the category: 1:54:42

### 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      | 13.00 | 2:08:36 | 9:53   | 7    | 51:29  | 47  | 1:15:59 | 13.00 | 2:08:36 | 9:53   | 7    | 51:12   | 24  | 43:42   |
| Festplatz | 8.10  | 1:02:38 | 7:43   | 7    | 26:27  | 46  | 36:37   | 21.10 | 3:11:14 | 9:03   | 7    | 1:16:32 | 47  | 1:52:36 |