



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Pindl, Gerhard

Club: Team Erdinger Alkoholfrei

Number: 524

Course: 21.10 km

21 km Nordic Walking

Category:

Nordic Walking Männer

Total time: 4:03:13

Speed: 5.18 km/h

Running performance: 11:32 min/km

Rank in course/Total: 8 (of 9)

Rank in course/Men: 4 (of 5)

Best time in course: 2:55:01

Rank in category: 4(of 5)

Best time in the category: 2:55:01

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	2:42:19	12:29	5	49:59	5	49:59	13.00	2:42:19	12:29	4	49:15	4	49:15
Festplatz	8.10	1:20:54	9:59	4	18:57	4	18:57	21.10	4:03:13	11:31	4	1:08:12	4	1:08:12