



9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

Detailed evaluation

winkler, jens

Club: pummpälz verein

Number: 559

Course: 21.10 km

Halbmarathon

Category:

Senioren M45

Total time: 1:29:51

Speed: 14.02 km/h

Running performance: 4:16 min/km

Rank in course/Total: 4 (of 70)

Rank in course/Men: 4 (of 59)

Best time in course: 1:23:12

Rank in category: 1(of 12)

Best time in the category: 1:29:51

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	59:29	4:34	1	-	4	3:15	13.00	59:29	4:34	1	-	33	
Festplatz	8.10	30:22	3:44	1	-	4	3:24	21.10	1:29:51	4:15	1	-	4	6:39