



9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

Detailed evaluation

Laudafe, Steffen

Club: Kein

Number: 614

Course: 21.10 km

Halbmarathon

Category:

Senioren M50

Total time: 1:41:19

Speed: 12.44 km/h

Running performance: 4:48 min/km

Rank in course/Total: 10 (of 70)

Rank in course/Men: 9 (of 59)

Best time in course: 1:23:12

Rank in category: 2(of 12)

Best time in the category: 1:35:00

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	1:07:41	5:12	2	3:21	9	11:27	13.00	1:07:41	5:12	2	3:21	38	
Festplatz	8.10	33:38	4:09	2	2:58	9	6:40	21.10	1:41:19	4:48	2	6:19	9	18:07