



9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

Detailed evaluation

Fell, Arno

Club: TSV Rannungen

Number: 562

Course: 21.10 km

Halbmarathon

Category:

Senioren M45

Total time: 1:44:54

Speed: 12.01 km/h

Running performance: 4:58 min/km

Rank in course/Total: 13 (of 70)

Rank in course/Men: 12 (of 59)

Best time in course: 1:23:12

Rank in category: 3(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	1:09:42	5:21	3	10:13	11	13:28	13.00	1:09:42	5:21	3	10:13	41	
Festplatz	8.10	35:12	4:20	3	4:50	11	8:14	21.10	1:44:54	4:58	3	15:03	12	21:42