



9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

Detailed evaluation

Bing, Holger

Club: Rhöner WSV

Number: 613

Course: 21.10 km

Halbmarathon

Category:

Senioren M50

Total time: 1:49:13

Speed: 11.59 km/h

Running performance: 5:11 min/km

Rank in course/Total: 16 (of 70)

Rank in course/Men: 14 (of 59)

Best time in course: 1:23:12

Rank in category: 4(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	1:12:24	5:34	4	8:04	14	16:10	13.00	1:12:24	5:34	4	8:04	43	
Festplatz	8.10	36:49	4:32	5	6:09	17	9:51	21.10	1:49:13	5:10	4	14:13	14	26:01