



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: 11.54 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 |