



9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

Detailed evaluation

Malzahn, Kai

Club: RTV Haselgrund

Number: 923

Course: 30.00 km

30 km-Lauf

Category:

Senioren M30

Total time: 2:10:12

Speed: 13.82 km/h

Running performance: 4:20 min/km

Rank in course/Total: 2 (of 27)

Rank in course/Men: 2 (of 25)

Best time in course: 2:09:01

Rank in category: 1(of 4)

Best time in the category: 2:10:12

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	18.00	1:21:11	4:30	1	-	1	-	18.00	1:21:11	4:30	1	-	25	
Pleß	4.00	18:24	4:35	1	-	2	0:09	22.00	1:39:35	4:31	1	-	25	
Festplatz	8.00	30:37	3:49	1	-	2	1:07	30.00	2:10:12	4:20	1	-	2	1:11