



9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

Detailed evaluation

Herold, Fredi

Club: Saalfelder LV

Number: 0

Course: 21.10 km

Halbmarathon

Category:

Senioren M45

Total time: 1:50:45

Speed: 11.38 km/h

Running performance: 5:15 min/km

Rank in course/Total: 18 (of 70)

Rank in course/Men: 16 (of 59)

Best time in course: 1:23:12

Rank in category: 4(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	1:12:28	5:34	4	12:59	15	16:14	13.00	1:12:28	5:34	4	12:59	30	
Festplatz	8.10	38:17	4:43	8	7:55	26	11:19	21.10	1:50:45	5:14	4	20:54	16	27:33