



9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

Detailed evaluation

Heller, Jens

Club: Kein

Number: 615

Course: 21.10 km

Halbmarathon

Category:

Senioren M30

Total time: 1:52:04

Speed: 11.24 km/h

Running performance: 5:19 min/km

Rank in course/Total: 20 (of 70)

Rank in course/Men: 18 (of 59)

Best time in course: 1:23:12

Rank in category: 1(of 3)

Best time in the category: 1:52:04

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	1:14:37	5:44	1	-	19	18:23	13.00	1:14:37	5:44	1	-	47	
Festplatz	8.10	37:27	4:37	1	-	19	10:29	21.10	1:52:04	5:18	1	-	18	28:52