



9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

Detailed evaluation

Thomas, Frank

Club: LAV Saale-Rennsteig

Number: 583

Course: 21.10 km

Halbmarathon

Category:

Senioren M45

Total time: 1:52:50

Speed: 11.22 km/h

Running performance: 5:21 min/km

Rank in course/Total: 21 (of 70)

Rank in course/Men: 19 (of 59)

Best time in course: 1:23:12

Rank in category: 5(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	1:15:11	5:46	6	15:42	21	18:57	13.00	1:15:11	5:46	5	15:42	48	
Festplatz	8.10	37:39	4:38	4	7:17	20	10:41	21.10	1:52:50	5:20	5	22:59	19	29:38