



9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

Detailed evaluation

Steinach, Maik

Club: Sportteam Steinbach

Number: 612

Course: 21.10 km

Halbmarathon

Category:

Senioren M35

Total time: 1:55:00

Speed: 10.96 km/h

Running performance: 5:27 min/km

Rank in course/Total: 27 (of 70)

Rank in course/Men: 25 (of 59)

Best time in course: 1:23:12

Rank in category: 3(of 6)

Best time in the category: 1:27:41

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	1:18:17	6:01	5	19:39	28	22:03	13.00	1:18:17	6:01	3	19:39	54	
Festplatz	8.10	36:43	4:31	3	7:40	15	9:45	21.10	1:55:00	5:27	3	27:19	25	31:48