



9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

Detailed evaluation

Weigel, Christoph

Club: LA Sonneberg

Number: 912

Course: 30.00 km

30 km-Lauf

Category:

Männer

Total time: 2:17:02

Speed: 13.14 km/h

Running performance: 4:34 min/km

Rank in course/Total: 3 (of 27)

Rank in course/Men: 3 (of 25)

Best time in course: 2:09:01

Rank in category: 1(of 5)

Best time in the category: 2:17:02

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Pleß	18.00	1:24:19	4:41	1	-	3	3:08	18.00	1:24:19	4:41	1	-	24	
Pleß	4.00	21:04	5:15	1	-	4	2:49	22.00	1:45:23	4:47	1	-	24	
Festplatz	8.00	31:39	3:57	1	-	3	2:09	30.00	2:17:02	4:34	1	-	3	8:01