



9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

Detailed evaluation

Lieb, Marco

Club: TSV Scheßlitz

Number: 913

Course: 30.00 km

30 km-Lauf

Category:

Senioren M35

Total time: 2:17:33

Speed: 13.09 km/h

Running performance: 4:35 min/km

Rank in course/Total: 4 (of 27)

Rank in course/Men: 4 (of 25)

Best time in course: 2:09:01

Rank in category: 2(of 4)

Best time in the category: 2:09:01

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Pleß	18.00	1:25:41	4:45	2	4:25	4	4:30	18.00	1:25:41	4:45	2	4:25	23	
Pleß	4.00	19:32	4:53	2	1:17	3	1:17	22.00	1:45:13	4:46	2	5:42	23	
Festplatz	8.00	32:20	4:02	2	2:50	4	2:50	30.00	2:17:33	4:35	2	8:32	4	8:32