



9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

Detailed evaluation

Schmalz, Frank

Club: Baumarkt Barchfeld

Number: 931

Course: 30.00 km

30 km-Lauf

Category:

Senioren M30

Total time: 2:21:09

Speed: 12.75 km/h

Running performance: 4:42 min/km

Rank in course/Total: 5 (of 27)

Rank in course/Men: 5 (of 25)

Best time in course: 2:09:01

Rank in category: 2(of 4)

Best time in the category: 2:10:12

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	18.00	1:26:08	4:47	2	4:57	5	4:57	18.00	1:26:08	4:47	2	4:57	22	
Pleß	4.00	21:16	5:18	2	2:52	5	3:01	22.00	1:47:24	4:52	2	7:49	22	
Festplatz	8.00	33:45	4:13	2	3:08	5	4:15	30.00	2:21:09	4:42	2	10:57	5	12:08