



9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

Detailed evaluation

Fritzschner, Helge

Club: SV Bad Salzungen

Number: 617

Course: 21.10 km

Halbmarathon

Category:

Senioren M40

Total time: 2:01:01

Speed: 10.41 km/h

Running performance: 5:44 min/km

Rank in course/Total: 38 (of 70)

Rank in course/Men: 36 (of 59)

Best time in course: 1:23:12

Rank in category: 3(of 6)

Best time in the category: 1:44:05

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	1:19:10	6:05	3	10:34	31	22:56	13.00	1:19:10	6:05	3	10:34	7	
Festplatz	8.10	41:51	5:10	4	6:22	40	14:53	21.10	2:01:01	5:44	3	16:56	36	37:49