



9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

Detailed evaluation

Lemuth, Hans Martin

Club: Metzels

Number: 621

Course: 21.10 km

Halbmarathon

Category:

Senioren M55

Total time: 2:06:04

Speed: 9.99 km/h

Running performance: 5:58 min/km

Rank in course/Total: 46 (of 70)

Rank in course/Men: 41 (of 59)

Best time in course: 1:23:12

Rank in category: 3(of 6)

Best time in the category: 1:56:32

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	1:26:09	6:37	4	7:32	45	29:55	13.00	1:26:09	6:37	3	7:32	12	
Festplatz	8.10	39:55	4:55	2	2:00	34	12:57	21.10	2:06:04	5:58	3	9:32	41	42:52