



9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

Detailed evaluation

Demmer, Gerhard

Club: TSV Gaimersheim

Number: 921

Course: 30.00 km

30 km-Lauf

Category:

Senioren M30

Total time: 2:33:21

Speed: 11.74 km/h

Running performance: 5:07 min/km

Rank in course/Total: 6 (of 27)

Rank in course/Men: 6 (of 25)

Best time in course: 2:09:01

Rank in category: 3(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	1:29:32	4:58	3	8:21	6	8:21	18.00	1:29:32	4:58	3	8:21	21	
Pleß	4.00	28:28	7:06	4	10:04	19	10:13	22.00	1:58:00	5:21	3	18:25	21	
Festplatz	8.00	35:21	4:25	3	4:44	6	5:51	30.00	2:33:21	5:06	3	23:09	6	24:20