



9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

Detailed evaluation

Römer, Ramona

Club: Mobiler

Number: 919

Course: 30.00 km

30 km-Lauf

Category:

Seniorinnen W35

Total time: 2:34:48

Speed: 11.63 km/h

Running performance: 5:10 min/km

Rank in course/Total: 7 (of 27)

Rank in course/Women: 1 (of 2)

Best time in course: 2:34:48

Rank in category: 1(of 1)

Best time in the category: 2:34:48

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Pleß	18.00	1:36:17	5:20	1	-	1	-	18.00	1:36:17	5:20	1	-	1	-
Pleß	4.00	22:20	5:34	1	-	1	-	22.00	1:58:37	5:23	1	-	1	-
Festplatz	8.00	36:11	4:31	1	-	1	-	30.00	2:34:48	5:09	1	-	1	-