



9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

Detailed evaluation

Biskamp, Stephan

Club: Philippsthaler Landgrafen

Number: 908

Course: 30.00 km

30 km-Lauf

Category:

Senioren M50

Total time: 2:38:40

Speed: 11.34 km/h

Running performance: 5:17 min/km

Rank in course/Total: 9 (of 27)

Rank in course/Men: 8 (of 25)

Best time in course: 2:09:01

Rank in category: 1(of 3)

Best time in the category: 2:38:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Pleß	18.00	1:37:12	5:24	1	-	9	16:01	18.00	1:37:12	5:24	1	-	19	
Pleß	4.00	24:28	6:06	2	0:02	10	6:13	22.00	2:01:40	5:31	1	-	19	
Festplatz	8.00	37:00	4:37	1	-	7	7:30	30.00	2:38:40	5:17	1	-	8	29:39