



# 9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

## Detailed evaluation

**Dittmar, Michael**

Club: Rhömer WSV

Number: 929

Course: 30.00 km

30 km-Lauf

Category:

Männer

Total time: 2:42:16

Speed: 11.09 km/h

Running performance: 5:25 min/km

Rank in course/Total: 10 (of 27)

Rank in course/Men: 9 (of 25)

Best time in course: 2:09:01

Rank in category: 3(of 5)

Best time in the category: 2:17:02

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Pleß	18.00	1:34:41	5:15	2	10:22	7	13:30	18.00	1:34:41	5:15	3	10:22	18	
Pleß	4.00	24:36	6:09	3	3:32	11	6:21	22.00	1:59:17	5:25	3	13:54	18	
Festplatz	8.00	42:59	5:22	4	11:20	16	13:29	30.00	2:42:16	5:24	3	25:14	9	33:15