



## 9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

### Detailed evaluation

#### Bömmel, Roland

Club: TSV Rannungen

Number: 910

Course: 30.00 km

30 km-Lauf

Category:

Senioren M45

Total time: 2:46:37

Speed: 10.80 km/h

Running performance: 5:33 min/km

Rank in course/Total: 11 (of 27)

Rank in course/Men: 10 (of 25)

Best time in course: 2:09:01

Rank in category: 1(of 5)

Best time in the category: 2:46:37

#### 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	1:44:19	5:47	1	-	14	23:08	18.00	1:44:19	5:47	1	-	17	3:00
Pleß	4.00	23:34	5:53	1	-	7	5:19	22.00	2:07:53	5:48	1	-	17	3:21
Festplatz	8.00	38:44	4:50	1	-	9	9:14	30.00	2:46:37	5:33	1	-	10	37:36