



9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

Detailed evaluation

Bernhard, Michael

Club: Kein

Number: 926

Course: 30.00 km

30 km-Lauf

Category:

Senioren M50

Total time: 2:47:29

Speed: 10.75 km/h

Running performance: 5:35 min/km

Rank in course/Total: 13 (of 27)

Rank in course/Men: 12 (of 25)

Best time in course: 2:09:01

Rank in category: 2(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	1:41:45	5:39	2	4:33	11	20:34	18.00	1:41:45	5:39	2	4:33	15	0:26
Pleß	4.00	24:26	6:06	1	-	9	6:11	22.00	2:06:11	5:44	2	4:31	15	1:39
Festplatz	8.00	41:18	5:09	2	4:18	14	11:48	30.00	2:47:29	5:34	2	8:49	12	38:28