



## 9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

### Detailed evaluation

**Stuhl, Matthias**

Club: DJK Warpoldshausen

Number: 925

Course: 30.00 km

30 km-Lauf

Category:

Senioren M35

Total time: 2:47:44

Speed: 10.73 km/h

Running performance: 5:35 min/km

Rank in course/Total: 14 (of 27)

Rank in course/Men: 13 (of 25)

Best time in course: 2:09:01

Rank in category: 3(of 4)

Best time in the category: 2:09:01

### 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	1:41:19	5:37	3	20:03	10	20:08	18.00	1:41:19	5:37	3	20:03	1	-
Pleß	4.00	23:13	5:48	3	4:58	6	4:58	22.00	2:04:32	5:39	3	25:01	1	-
Festplatz	8.00	43:12	5:24	3	13:42	17	13:42	30.00	2:47:44	5:35	3	38:43	13	38:43