



9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

Detailed evaluation

Messerschmidt, Lothar

Club: Ruhla
Number: 598

Course: 21.10 km
21 km Nordic Walking

Category:
Nordic Walking Männer

Total time: 3:09:22

Speed: 6.65 km/h
Running performance: 8:58 min/km

Rank in course/Total: 2 (of 2)

Rank in course/Men: 1 (of 1)

Best time in course: 3:09:22

Rank in category: 1(of 1)

Best time in the category: 3:09:22

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	13.00	1:58:52	9:08	1	-	1	-	13.00	1:58:52	9:08	1	-	1	-
Festplatz	8.10	1:10:30	8:42	1	-	1	-	21.10	3:09:22	8:58	1	-	1	-