



9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

Detailed evaluation

Schudera, Matthias

Club: SSV Bad Salzungen

Number: 927

Course: 30.00 km

30 km-Lauf

Category:

Senioren M45

Total time: 2:49:36

Speed: 10.61 km/h

Running performance: 5:39 min/km

Rank in course/Total: 16 (of 27)

Rank in course/Men: 15 (of 25)

Best time in course: 2:09:01

Rank in category: 2(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	1:45:18	5:50	2	0:59	17	24:07	18.00	1:45:18	5:50	2	0:59	12	3:59
Pleß	4.00	24:57	6:14	2	1:23	12	6:42	22.00	2:10:15	5:55	2	2:22	12	5:43
Festplatz	8.00	39:21	4:55	2	0:37	11	9:51	30.00	2:49:36	5:39	2	2:59	15	40:35