



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 |