



9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

Detailed evaluation

Appelfelder, Michael

Club: LTV Saale-Rennsteig

Number: 620

Course: 21.10 km

Halbmarathon

Category:

Senioren M30

Total time: 2:29:53

Speed: 8.41 km/h

Running performance: 7:06 min/km

Rank in course/Total: 65 (of 70)

Rank in course/Men: 56 (of 59)

Best time in course: 1:23:12

Rank in category: 3(of 3)

Best time in the category: 1:52:04

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	1:37:55	7:31	3	23:18	56	41:41	13.00	1:37:55	7:31	3	23:18	27	11:40
Festplatz	8.10	51:58	6:24	3	14:31	57	25:00	21.10	2:29:53	7:06	3	37:49	56	1:06:41