



# 9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

## Detailed evaluation

### Scharfenberg, Jörg

Club: Laufftreff Altensteiner Park

Number: 930

Course: 30.00 km

30 km-Lauf

Category:

Senioren M40

Total time: 2:51:00

Speed: 10.53 km/h

Running performance: 5:42 min/km

Rank in course/Total: 17 (of 27)

Rank in course/Men: 16 (of 25)

Best time in course: 2:09:01

Rank in category: 1(of 1)

Best time in the category: 2:51:00

## 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	1:44:21	5:47	1	-	15	23:10	18.00	1:44:21	5:47	1	-	11	3:02
Pleß	4.00	25:44	6:26	1	-	14	7:29	22.00	2:10:05	5:54	1	-	11	5:33
Festplatz	8.00	40:55	5:06	1	-	13	11:25	30.00	2:51:00	5:42	1	-	16	41:59