



9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

Detailed evaluation

Döbel, Christian

Club: Waltershausen

Number: 901

Course: 30.00 km

30 km-Lauf

Category:

Senioren M30

Total time: 2:55:34

Speed: 10.25 km/h

Running performance: 5:51 min/km

Rank in course/Total: 18 (of 27)

Rank in course/Men: 17 (of 25)

Best time in course: 2:09:01

Rank in category: 4(of 4)

Best time in the category: 2:10:12

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	1:44:35	5:48	4	23:24	16	23:24	18.00	1:44:35	5:48	4	23:24	10	3:16
Pleß	4.00	27:08	6:46	3	8:44	17	8:53	22.00	2:11:43	5:59	4	32:08	10	7:11
Festplatz	8.00	43:51	5:28	4	13:14	18	14:21	30.00	2:55:34	5:51	4	45:22	17	46:33