



# 9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

## Detailed evaluation

Juch, Oliver

Club: TEA

Number: 928

Course: 30.00 km

30 km-Lauf

Category:

Senioren M45

Total time: 3:03:55

Speed: 9.79 km/h

Running performance: 6:08 min/km

Rank in course/Total: 20 (of 27)

Rank in course/Men: 19 (of 25)

Best time in course: 2:09:01

Rank in category: 3(of 5)

Best time in the category: 2:46:37

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Pleß	18.00	1:51:59	6:13	4	7:40	21	30:48	18.00	1:51:59	6:13	3	7:40	8	10:40
Pleß	4.00	27:27	6:51	3	3:53	18	9:12	22.00	2:19:26	6:20	3	11:33	8	14:54
Festplatz	8.00	44:29	5:33	3	5:45	20	14:59	30.00	3:03:55	6:07	3	17:18	19	54:54