



9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

Detailed evaluation

Beck, Monika

Club: TV 03 Heringen

Number: 915

Course: 30.00 km

30 km-Lauf

Category:

Seniorinnen W45

Total time: 3:04:55

Speed: 9.73 km/h

Running performance: 6:10 min/km

Rank in course/Total: 21 (of 27)

Rank in course/Women: 2 (of 2)

Best time in course: 2:34:48

Rank in category: 1(of 1)

Best time in the category: 3:04:55

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Women	Behind Women						Pos Women	Behind Women
Pleß	18.00	1:54:26	6:21	1	-	2	18:09	18.00	1:54:26	6:21	1	-	2	18:09
Pleß	4.00	27:43	6:55	1	-	2	5:23	22.00	2:22:09	6:27	1	-	2	23:32
Festplatz	8.00	42:46	5:20	1	-	2	6:35	30.00	3:04:55	6:09	1	-	2	30:07