



# 9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

## Detailed evaluation

**Berndt, Roland**

**Number: 932**

Course: 30.00 km  
30 km-Lauf

Category:  
Senioren M60

Total time: 3:06:39

Speed: 9.64 km/h

Running performance: 6:13 min/km

Rank in course/Total: 23 (of 27)

Rank in course/Men: 21 (of 25)

Best time in course: 2:09:01

Rank in category: 1(of 2)

Best time in the category: 3:06:39

## 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	1:53:28	6:18	2	3:55	22	32:17	18.00	1:53:28	6:18	1	-	6	12:09
Pleß	4.00	29:10	7:17	1	-	20	10:55	22.00	2:22:38	6:29	1	-	6	18:06
Festplatz	8.00	44:01	5:30	1	-	19	14:31	30.00	3:06:39	6:13	1	-	21	57:38