



9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

Detailed evaluation

Städtler, Manfred

Club: TSV 05 Utendorf

Number: 920

Course: 30.00 km

30 km-Lauf

Category:

Senioren M60

Total time: 3:11:37

Speed: 9.39 km/h

Running performance: 6:23 min/km

Rank in course/Total: 25 (of 27)

Rank in course/Men: 23 (of 25)

Best time in course: 2:09:01

Rank in category: 2(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	1:49:33	6:05	1	-	19	28:22	18.00	1:49:33	6:05	2		4	8:14
Pleß	4.00	36:05	9:01	2	6:55	25	17:50	22.00	2:25:38	6:37	2	3:00	4	21:06
Festplatz	8.00	45:59	5:44	2	1:58	22	16:29	30.00	3:11:37	6:23	2	4:58	23	1:02:36