



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 |