



## 9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

### Detailed evaluation

**Heise, Ralf**

Club: SC Impuls Erfurt

Number: 916

Course: 30.00 km

30 km-Lauf

Category:

Senioren M35

Total time: 3:12:30

Speed: 9.35 km/h

Running performance: 6:25 min/km

Rank in course/Total: 26 (of 27)

Rank in course/Men: 24 (of 25)

Best time in course: 2:09:01

Rank in category: 4(of 4)

Best time in the category: 2:09:01

### 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	1:57:02	6:30	4	35:46	23	35:51	18.00	1:57:02	6:30	4	35:46	3	15:43
Pleß	4.00	30:59	7:44	4	12:44	24	12:44	22.00	2:28:01	6:43	4	48:30	3	23:29
Festplatz	8.00	44:29	5:33	4	14:59	20	14:59	30.00	3:12:30	6:25	4	1:03:29	24	1:03:29