



9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

Detailed evaluation

Kasper, Andreas

Club: SV Königshofen

Number: 904

Course: 30.00 km

30 km-Lauf

Category:

Senioren M45

Total time: 3:16:01

Speed: 9.18 km/h

Running performance: 6:32 min/km

Rank in course/Total: 27 (of 27)

Rank in course/Men: 25 (of 25)

Best time in course: 2:09:01

Rank in category: 5(of 5)

Best time in the category: 2:46:37

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Pleß	18.00	1:58:25	6:34	5	14:06	25	37:14	18.00	1:58:25	6:34	5	14:06	2	17:06
Pleß	4.00	29:58	7:29	5	6:24	22	11:43	22.00	2:28:23	6:44	5	20:30	2	23:51
Festplatz	8.00	47:38	5:57	4	8:54	24	18:08	30.00	3:16:01	6:32	5	29:24	25	1:07:00