



9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

Detailed evaluation

Lauftreff Altensteiner Park 2

Club: Lauftreff Altensteiner Park 2

Number: 302

Course: 31.50 km

3 x 10,5 km

Category:

Männerstaffel

Total time: 3:30:17

Speed: 8.85 km/h

Running performance: 6:41 min/km

Rank in course/Total: 2 (of 3)

Rank in course/Total: 2 (of 3)

Best time in course: 3:16:58

Rank in category: 2(of 3)

Best time in the category: 3:16:58

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | |
|-----------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
| | | | | | | Pos Total | Behind Total | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Total | Behind Total |
| Wechsel 1 | 10.50 | 1:17:53 | 7:25 | 3 | 7:31 | 3 | 7:31 | 10.50 | 1:17:53 | 7:25 | 2 | 7:31 | 2 | 7:31 |
| Wechsel 2 | 10.50 | 1:17:57 | 7:25 | 2 | 12:27 | 2 | 12:27 | 21.00 | 2:35:50 | 7:25 | 2 | 19:58 | 2 | 19:58 |
| Festplatz | 10.50 | 54:27 | 5:11 | 1 | - | 1 | - | 31.50 | 3:30:17 | 6:40 | 2 | 13:19 | 2 | 13:19 |