



9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

Detailed evaluation

Lauftreff Altensteiner Park

Club: Lauftreff Altensteiner Park

Number: 300

Course: 31.50 km

3 x 10,5 km

Category:

Männerstaffel

Total time: 3:31:15

Speed: 8.80 km/h

Running performance: 6:43 min/km

Rank in course/Total: 3 (of 3)

Rank in course/Total: 3 (of 3)

Best time in course: 3:16:58

Rank in category: 3(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.	Pos Total	Behind Total	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Total	Behind Total	
								km	Time	min/km	Pos	Behind	Pos					Behind
Wechsel 1	10.50	1:17:50	7:24	2	7:28	2	7:28	10.50	1:17:50	7:24	3	7:28	3	7:28				
Wechsel 2	10.50	1:18:04	7:26	3	12:34	3	12:34	21.00	2:35:54	7:25	3	20:02	3	20:02				
Festplatz	10.50	55:21	5:16	2	0:54	2	0:54	31.50	3:31:15	6:42	3	14:17	3	14:17				