



# 9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

## Detailed evaluation

Esche, Karsten

Club: LSV Lok Arnstadt

Number: 905

Course: 30.00 km

30 km Nordic Walking

Category:

Nordic Walking Männer

Total time: 4:05:40

Speed: 7.33 km/h

Running performance: 8:11 min/km

Rank in course/Total: 1 (of 4)

Rank in course/Men: 1 (of 3)

Best time in course: 4:05:40

Rank in category: 1(of 3)

Best time in the category: 4:05:40

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Pleß	18.00	2:23:20	7:57	1	-	1	-	18.00	2:23:20	7:57	1	-	1	-
Pleß	4.00	34:20	8:35	1	-	1	-	22.00	2:57:40	8:04	1	-	1	-
Festplatz	8.00	1:08:00	8:30	1	-	1	-	30.00	4:05:40	8:11	1	-	1	-