



9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

Detailed evaluation

Syla, Elvira

Club: Alea Sanitas

Number: 924

Course: 30.00 km

30 km Nordic Walking

Category:

Nordic Walking Frauen

Total time: 4:25:53

Speed: 6.77 km/h

Running performance: 8:52 min/km

Rank in course/Total: 2 (of 4)

Rank in course/Women: 1 (of 1)

Best time in course: 4:25:53

Rank in category: 1(of 1)

Best time in the category: 4:25:53

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Pleß	18.00	2:35:30	8:38	1	-	1	-	18.00	2:35:30	8:38	1	-	1	-
Pleß	4.00	38:46	9:41	1	-	1	-	22.00	3:14:16	8:49	1	-	1	-
Festplatz	8.00	1:11:37	8:57	1	-	1	-	30.00	4:25:53	8:51	1	-	1	-