



9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

Detailed evaluation

Ettlinger, Helmut

Club: Federn Oßwald

Number: 922

Course: 30.00 km

30 km Nordic Walking

Category:

Nordic Walking Männer

Total time: 4:33:02

Speed: 6.59 km/h

Running performance: 9:06 min/km

Rank in course/Total: 4 (of 4)

Rank in course/Men: 3 (of 3)

Best time in course: 4:05:40

Rank in category: 3(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.	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	2:40:16	8:54	3	16:56	3	16:56	18.00	2:40:16	8:54	3	16:56	3	16:56
Pleß	4.00	40:41	10:10	3	6:21	3	6:21	22.00	3:20:57	9:08	3	23:17	3	23:17
Festplatz	8.00	1:12:05	9:00	3	4:05	3	4:05	30.00	4:33:02	9:06	3	27:22	3	27:22