



12. Werraenergie Pleßlauf

Breitungen / 23.08.2015

Detailed evaluation

Henkel, Tobias

Club: USV Erfurt

Number: 316

Course: 30.00 km

30 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 2:15:19

Speed: 13.30 km/h

Rank in course/Total: 6 (of 29)

Rank in course/Men: 6 (of 22)

Best time in course: 1:43:45

Rank in category: 3(of 3)

Best time in the category: 1:53:01

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Pleß	18.00	1:24:55	12.72	3	15:03	6	21:15	18.00	1:24:55	12.72	3	15:03	6	21:15
Pleß	4.00	19:14	12.48	3	3:08	5	4:26	22.00	1:44:09	12.67	3	18:11	5	25:41
Festplatz	8.00	31:10	15.40	3	4:07	6	5:53	30.00	2:15:19	13.30	3	22:18	8	31:34