



12. Werraenergie Pleßlauf

Breitungen / 23.08.2015

Detailed evaluation

Stöckert, Dieter

Club: Ostheim

Number: 325

Course: 30.00 km

30 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:29:08

Speed: 12.07 km/h

Rank in course/Total: 10 (of 29)

Rank in course/Men: 9 (of 22)

Best time in course: 1:43:45

Rank in category: 1(of 3)

Best time in the category: 2:29:08

Intermediate times

Stage score

Total ranking

| Control | Split | Split | Split | Pos | Behind | Pos | Behind | Total | Total | Total | Pos | Behind | Pos | Behind |
|-----------|-------|---------|-------|------|--------|-----|--------|-------|---------|-------|------|--------|-----|--------|
| | km | Time | km/h | Cat. | Cat. | Men | Men | km | Time | km/h | Cat. | Cat. | Men | Men |
| Pleß | 18.00 | 1:32:52 | 11.63 | 2 | 1:59 | 10 | 29:12 | 18.00 | 1:32:52 | 11.63 | 2 | 1:59 | 10 | 29:12 |
| Pleß | 4.00 | 21:28 | 11.18 | 1 | - | 7 | 6:40 | 22.00 | 1:54:20 | 11.55 | 1 | - | 8 | 35:52 |
| Festplatz | 8.00 | 34:48 | 13.79 | 2 | 1:15 | 8 | 9:31 | 30.00 | 2:29:08 | 12.07 | 2 | 24:42 | 11 | 45:23 |