



12. Werraenergie Pleßlauf

Breitungen / 23.08.2015

Detailed evaluation

Blumensaat, Roland

Club: Nürnberg

Number: 323

Course: 30.00 km

30 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:54:29

Speed: 10.32 km/h

Rank in course/Total: 20 (of 29)

Rank in course/Men: 16 (of 22)

Best time in course: 1:43:45

Rank in category: 4(of 5)

Best time in the category: 2:17:36

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Pleß	18.00	1:49:15	9.89	4	17:04	17	45:35	18.00	1:49:15	9.89	4	17:04	17	45:35
Pleß	4.00	24:58	9.61	3	2:50	13	10:10	22.00	2:14:13	9.83	3	19:54	15	55:45
Festplatz	8.00	40:16	11.92	4	5:01	15	14:59	30.00	2:54:29	10.32	4	36:53	18	1:10:44