



12. Werraenergie Pleßlauf

Breitungen / 23.08.2015

Detailed evaluation

Berndt, Roland

Club: Erfurt
Number: 310

Course: 30.00 km
30 km Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 3:30:52

Speed: 8.54 km/h

Rank in course/Total: 25 (of 29)

Rank in course/Men: 20 (of 22)

Best time in course: 1:43:45

Rank in category: 1(of 1)

Best time in the category: 3:30:52

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total		Total km/h	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Pleß	18.00	2:05:32	8.60	1	-	21	1:01:52	18.00	2:05:32	8.60	1	-	21	1:01:52
Pleß	4.00	32:19	7.43	1	-	18	17:31	22.00	2:37:51	8.36	1	-	18	1:19:23
Festplatz	8.00	53:01	9.05	1	-	21	27:44	30.00	3:30:52	8.54	1	-	22	1:47:07