



12. Werraenergie Pleßlauf

Breitungen / 23.08.2015

Detailed evaluation

Kössel, Sylvia

Club: Thüringer Genussläufer

Number: 328

Course: 30.00 km

30 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 3:31:49

Speed: 8.50 km/h

Rank in course/Total: 26 (of 29)

Rank in course/Women: 6 (of 7)

Best time in course: 2:16:21

Rank in category: 2(of 2)

Best time in the category: 2:35:32

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Pleß	18.00	2:08:09	8.43	2	31:31	6	42:59	18.00	2:08:09	8.43	2	31:31	6	42:59
Pleß	4.00	32:35	7.37	2	10:23	6	13:16	22.00	2:40:44	8.21	2	41:54	6	56:15
Festplatz	8.00	51:05	9.40	2	14:23	6	19:13	30.00	3:31:49	8.50	2	56:17	6	1:15:28