



# 13. Werraenergie Pleßlauf

Breitungen / 21.08.2016

## Detailed evaluation

**Kriehoff, Marcel**

Club: SC Impuls Erfurt  
Number: 347

Course: 30.00 km  
30 km Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:55:03

Speed: 15.65 km/h  
Running performance: 3:50 min/km

Rank in course/Total: 1 (of 25)

Rank in course/Men: 1 (of 19)

Best time in course: 1:55:03

Rank in category: 1(of 2)

Best time in the category: 1:55:03

## Intermediate times

## Stage score

## Total ranking

| Control        | Split | Split   | Split  | Pos  | Behind | Pos | Behind | Total | Total   | Total  | Pos  | Behind | Pos | Behind |
|----------------|-------|---------|--------|------|--------|-----|--------|-------|---------|--------|------|--------|-----|--------|
|                | km    | Time    | min/km | Cat. | Cat.   | Men | Men    | km    | Time    | min/km | Cat. | Cat.   | Men | Men    |
| Pleß Kontrolle | 18.00 | 1:11:23 | 3:57   | 1    | -      | 1   | -      | 18.00 | 1:11:23 | 3:57   | 1    | -      | 1   | -      |
| Pleß Kontrolle | 4.00  | 16:22   | 4:05   | 1    | -      | 1   | -      | 22.00 | 1:27:45 | 3:59   | 1    | -      | 1   | -      |
| Festplatz      | 8.00  | 27:18   | 3:24   | 1    | -      | 1   | -      | 30.00 | 1:55:03 | 3:50   | 1    | -      | 1   | -      |