



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	-