



13. Werraenergie Pleßlauf

Breitungen / 21.08.2016

Detailed evaluation

Greiner, Daniel

Club: SV Sömmerda

Number: 345

Course: 30.00 km

30 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 2:03:06

Speed: 14.62 km/h

Running performance: 4:06 min/km

Rank in course/Total: 2 (of 25)

Rank in course/Men: 2 (of 19)

Best time in course: 1:55:03

Rank in category: 2(of 2)

Best time in the category: 1:55:03

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Pleß Kontrolle	18.00	1:17:04	4:16	2	5:41	2	5:41	18.00	1:17:04	4:16	2	5:41	2	5:41
Pleß Kontrolle	4.00	17:10	4:17	2	0:48	2	0:48	22.00	1:34:14	4:16	2	6:29	2	6:29
Festplatz	8.00	28:52	3:36	2	1:34	2	1:34	30.00	2:03:06	4:06	2	8:03	2	8:03