



13. Werraenergie Pleßlauf

Breitungen / 21.08.2016

Detailed evaluation

Engelberts, Peter

Club: De Dijkrunners

Number: 343

Course: 30.00 km

30 km Lauf

Category:

Männer (20-29 Jahre)

Total time: 2:14:00

Speed: 13.43 km/h

Running performance: 4:28 min/km

Rank in course/Total: 3 (of 25)

Rank in course/Men: 3 (of 19)

Best time in course: 1:55:03

Rank in category: 1(of 1)

Best time in the category: 2:14:00

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	1:23:56	4:39	1	-	3	12:33	18.00	1:23:56	4:39	1	-	3	12:33
Pleß Kontrolle	4.00	18:27	4:36	1	-	3	2:05	22.00	1:42:23	4:39	1	-	3	14:38
Festplatz	8.00	31:37	3:57	1	-	3	4:19	30.00	2:14:00	4:28	1	-	3	18:57