



13. Werraenergie Pleßlauf

Breitungen / 21.08.2016

Detailed evaluation

Albert, Arno

Club: TSV Hollstadt

Number: 351

Course: 30.00 km

30 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:17:12

Speed: 13.12 km/h

Running performance: 4:34 min/km

Rank in course/Total: 4 (of 25)

Rank in course/Men: 4 (of 19)

Best time in course: 1:55:03

Rank in category: 1(of 3)

Best time in the category: 2:17:12

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	1:24:42	4:42	1	-	4	13:19	18.00	1:24:42	4:42	1	-	4	13:19
Pleß Kontrolle	4.00	19:44	4:56	1	-	4	3:22	22.00	1:44:26	4:44	1	-	4	16:41
Festplatz	8.00	32:46	4:05	1	-	4	5:28	30.00	2:17:12	4:34	1	-	4	22:09