



13. Werraenergie Pleßlauf

Breitungen / 21.08.2016

Detailed evaluation

Reich, Michael

Club: WSV Steinbach 1907

Number: 360

Course: 30.00 km

30 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:19:59

Speed: 12.86 km/h

Running performance: 4:40 min/km

Rank in course/Total: 5 (of 25)

Rank in course/Men: 5 (of 19)

Best time in course: 1:55:03

Rank in category: 1(of 3)

Best time in the category: 2:19:59

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	1:25:27	4:44	2	0:40	6	14:04	18.00	1:25:27	4:44	2	0:40	6	14:04
Pleß Kontrolle	4.00	20:26	5:06	2	0:01	6	4:04	22.00	1:45:53	4:48	2	0:41	6	18:08
Festplatz	8.00	34:06	4:15	1	-	8	6:48	30.00	2:19:59	4:39	1	-	5	24:56