



13. Werraenergie Pleßlauf

Breitungen / 21.08.2016

Detailed evaluation

Hopf, Ralph

Club: DAV Röthenbach/Pegnitz

Number: 346

Course: 30.00 km

30 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:20:50

Speed: 12.78 km/h

Running performance: 4:41 min/km

Rank in course/Total: 6 (of 25)

Rank in course/Men: 6 (of 19)

Best time in course: 1:55:03

Rank in category: 2(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	1:24:47	4:42	1	-	5	13:24	18.00	1:24:47	4:42	1	-	5	13:24
Pleß Kontrolle	4.00	20:25	5:06	1	-	5	4:03	22.00	1:45:12	4:46	1	-	5	17:27
Festplatz	8.00	35:38	4:27	2	1:32	9	8:20	30.00	2:20:50	4:41	2	0:51	6	25:47