



# 13. Werraenergie Pleßlauf

Breitungen / 21.08.2016

## Detailed evaluation

**Werner, Astrid**

Club: Altdorf

Number: 341

Course: 30.00 km

30 km Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 2:24:15

Speed: 12.48 km/h

Running performance: 4:49 min/km

Rank in course/Total: 7 (of 25)

Rank in course/Women: 1 (of 6)

Best time in course: 2:24:15

Rank in category: 1(of 1)

Best time in the category: 2:24:15

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Total ranking			
						Pos Women	Behind Women				Pos Cat.	Behind Cat.	Pos Women	Behind Women
Pleß Kontrolle	18.00	1:29:36	4:58	1	-	1	-	18.00	1:29:36	4:58	1	-	1	-
Pleß Kontrolle	4.00	19:51	4:57	1	-	1	-	22.00	1:49:27	4:58	1	-	1	-
Festplatz	8.00	34:48	4:20	1	-	2	1:33	30.00	2:24:15	4:48	1	-	1	-