



13. Werraenergie Pleßlauf

Breitungen / 21.08.2016

Detailed evaluation

Wilck, Andreas

Club: Sömmerdaer Gipfelstürmer

Number: 349

Course: 30.00 km

30 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:24:38

Speed: 12.45 km/h

Running performance: 4:49 min/km

Rank in course/Total: 8 (of 25)

Rank in course/Men: 7 (of 19)

Best time in course: 1:55:03

Rank in category: 2(of 3)

Best time in the category: 2:17:12

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Pleß Kontrolle	18.00	1:30:26	5:01	2	5:44	8	19:03	18.00	1:30:26	5:01	2	5:44	8	19:03
Pleß Kontrolle	4.00	20:53	5:13	2	1:09	9	4:31	22.00	1:51:19	5:03	2	6:53	8	23:34
Festplatz	8.00	33:19	4:09	2	0:33	5	6:01	30.00	2:24:38	4:49	2	7:26	7	29:35