



13. Werraenergie Pleßlauf

Breitungen / 21.08.2016

Detailed evaluation

Damm, Matthias

Club: Team Werraenergie

Number: 335

Course: 30.00 km

30 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 2:27:18

Speed: 12.22 km/h

Running performance: 4:55 min/km

Rank in course/Total: 10 (of 25)

Rank in course/Men: 9 (of 19)

Best time in course: 1:55:03

Rank in category: 2(of 6)

Best time in the category: 2:26:24

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	1:30:10	5:00	1	-	7	18:47	18.00	1:30:10	5:00	1	-	7	18:47
Pleß Kontrolle	4.00	20:39	5:09	2	0:11	8	4:17	22.00	1:50:49	5:02	1	-	7	23:04
Festplatz	8.00	36:29	4:33	3	2:33	11	9:11	30.00	2:27:18	4:54	2	0:54	9	32:15