



13. Werraenergie Pleßlauf

Breitungen / 21.08.2016

Detailed evaluation

Uhlein, Dietmar

Club: TSV Hollstadt

Number: 355

Course: 30.00 km

30 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:31:37

Speed: 11.87 km/h

Running performance: 5:03 min/km

Rank in course/Total: 11 (of 25)

Rank in course/Men: 10 (of 19)

Best time in course: 1:55:03

Rank in category: 1(of 2)

Best time in the category: 2:31:37

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	1:36:40	5:22	1	-	11	25:17	18.00	1:36:40	5:22	1	-	11	25:17
Pleß Kontrolle	4.00	21:18	5:19	1	-	10	4:56	22.00	1:57:58	5:21	1	-	11	30:13
Festplatz	8.00	33:39	4:12	1	-	6	6:21	30.00	2:31:37	5:03	1	-	10	36:34