



13. Werraenergie Pleßlauf

Breitungen / 21.08.2016

Detailed evaluation

Dietrich, Tanja

Club: TSV Hollstadt

Number: 352

Course: 30.00 km

30 km Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 2:32:51

Speed: 11.78 km/h

Running performance: 5:06 min/km

Rank in course/Total: 12 (of 25)

Rank in course/Women: 2 (of 6)

Best time in course: 2:24:15

Rank in category: 1 (of 2)

Best time in the category: 2:32:51

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Pleß Kontrolle	18.00	1:38:03	5:26	1	-	2	8:27	18.00	1:38:03	5:26	1	-	2	8:27
Pleß Kontrolle	4.00	21:33	5:23	1	-	2	1:42	22.00	1:59:36	5:26	1	-	2	10:09
Festplatz	8.00	33:15	4:09	1	-	1	-	30.00	2:32:51	5:05	1	-	2	8:36