



13. Werraenergie Pleßlauf

Breitungen / 21.08.2016

Detailed evaluation

Knüpper, Jörg

Club: TBB Suhl Meiningen

Number: 356

Course: 30.00 km

30 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:33:16

Speed: 11.74 km/h

Running performance: 5:07 min/km

Rank in course/Total: 13 (of 25)

Rank in course/Men: 11 (of 19)

Best time in course: 1:55:03

Rank in category: 3(of 3)

Best time in the category: 2:17:12

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	1:32:53	5:09	3	8:11	10	21:30	18.00	1:32:53	5:09	3	8:11	10	21:30
Pleß Kontrolle	4.00	21:23	5:20	3	1:39	11	5:01	22.00	1:54:16	5:11	3	9:50	10	26:31
Festplatz	8.00	39:00	4:52	3	6:14	15	11:42	30.00	2:33:16	5:06	3	16:04	11	38:13