



13. Werraenergie Pleßlauf

Breitungen / 21.08.2016

Detailed evaluation

Kriehoff, Luise

Club: USV Erfurt

Number: 348

Course: 30.00 km

30 km Lauf

Category:

Frauen (20-29 Jahre)

Total time: 2:41:49

Speed: 11.12 km/h

Running performance: 5:23 min/km

Rank in course/Total: 14 (of 25)

Rank in course/Women: 3 (of 6)

Best time in course: 2:24:15

Rank in category: 1(of 1)

Best time in the category: 2:41:49

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	1:41:03	5:36	1	-	3	11:27	18.00	1:41:03	5:36	1	-	3	11:27
Pleß Kontrolle	4.00	23:34	5:53	1	-	4	3:43	22.00	2:04:37	5:39	1	-	3	15:10
Festplatz	8.00	37:12	4:39	1	-	5	3:57	30.00	2:41:49	5:23	1	-	3	17:34