



13. Werraenergie Pleßlauf

Breitungen / 21.08.2016

Detailed evaluation

Mescha, Hauke

Club: Team Werraenergie

Number: 336

Course: 30.00 km

30 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 2:44:46

Speed: 10.92 km/h

Running performance: 5:29 min/km

Rank in course/Total: 15 (of 25)

Rank in course/Men: 12 (of 19)

Best time in course: 1:55:03

Rank in category: 3(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	1:40:24	5:34	3	10:14	12	29:01	18.00	1:40:24	5:34	3	10:14	12	29:01
Pleß Kontrolle	4.00	23:24	5:50	3	2:56	12	7:02	22.00	2:03:48	5:37	3	12:59	12	36:03
Festplatz	8.00	40:58	5:07	5	7:02	16	13:40	30.00	2:44:46	5:29	3	18:22	12	49:43