



13. Werraenergie Pleßlauf

Breitungen / 21.08.2016

Detailed evaluation

Gasa, Carola

Club: SV Mihla

Number: 358

Course: 30.00 km

30 km Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 2:46:26

Speed: 10.82 km/h

Running performance: 5:33 min/km

Rank in course/Total: 16 (of 25)

Rank in course/Women: 4 (of 6)

Best time in course: 2:24:15

Rank in category: 1(of 1)

Best time in the category: 2:46:26

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	1:43:46	5:45	1	-	4	14:10	18.00	1:43:46	5:45	1	-	4	14:10
Pleß Kontrolle	4.00	25:52	6:28	1	-	5	6:01	22.00	2:09:38	5:53	1	-	4	20:11
Festplatz	8.00	36:48	4:35	1	-	4	3:33	30.00	2:46:26	5:32	1	-	4	22:11