



13. Werraenergie Pleßlauf

Breitungen / 21.08.2016

Detailed evaluation

Schaub, Nicole

Club: Fitness Oase Ohrdruf

Number: 338

Course: 30.00 km

30 km Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 2:46:48

Speed: 10.79 km/h

Running performance: 5:34 min/km

Rank in course/Total: 17 (of 25)

Rank in course/Women: 5 (of 6)

Best time in course: 2:24:15

Rank in category: 2(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	1:47:06	5:56	2	9:03	5	17:30	18.00	1:47:06	5:56	2	9:03	5	17:30
Pleß Kontrolle	4.00	23:12	5:47	2	1:39	3	3:21	22.00	2:10:18	5:55	2	10:42	5	20:51
Festplatz	8.00	36:30	4:33	2	3:15	3	3:15	30.00	2:46:48	5:33	2	13:57	5	22:33