



13. Werraenergie Pleßlauf

Breitungen / 21.08.2016

Detailed evaluation

Schmidt, Knut

Club: Lauftreff Breitungen

Number: 340

Course: 30.00 km

30 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:48:50

Speed: 10.66 km/h

Running performance: 5:38 min/km

Rank in course/Total: 18 (of 25)

Rank in course/Men: 13 (of 19)

Best time in course: 1:55:03

Rank in category: 3(of 3)

Best time in the category: 2:19:59

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	1:45:51	5:52	3	21:04	14	34:28	18.00	1:45:51	5:52	3	21:04	14	34:28
Pleß Kontrolle	4.00	24:19	6:04	3	3:54	15	7:57	22.00	2:10:10	5:54	3	24:58	13	42:25
Festplatz	8.00	38:40	4:49	3	4:34	13	11:22	30.00	2:48:50	5:37	3	28:51	13	53:47