



13. Werraenergie Pleßlauf

Breitungen / 21.08.2016

Detailed evaluation

Mattha, Andreas

Club: SV 1960 Metzels

Number: 353

Course: 30.00 km

30 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:48:50

Speed: 10.66 km/h

Running performance: 5:38 min/km

Rank in course/Total: 19 (of 25)

Rank in course/Men: 13 (of 19)

Best time in course: 1:55:03

Rank in category: 1(of 1)

Best time in the category: 2:48:50

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	1:45:50	5:52	1	-	13	34:27	18.00	1:45:50	5:52	1	-	13	34:27
Pleß Kontrolle	4.00	24:35	6:08	1	-	16	8:13	22.00	2:10:25	5:55	1	-	14	42:40
Festplatz	8.00	38:25	4:48	1	-	12	11:07	30.00	2:48:50	5:37	1	-	13	53:47