



# 13. Werraenergie Pleßlauf

Breitungen / 21.08.2016

## Detailed evaluation

**Lemuth, Matthias**

Club: SV Metzels

Number: 354

Course: 30.00 km

30 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 2:49:58

Speed: 10.59 km/h

Running performance: 5:40 min/km

Rank in course/Total: 20 (of 25)

Rank in course/Men: 15 (of 19)

Best time in course: 1:55:03

Rank in category: 4(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	1:49:54	6:06	5	19:44	16	38:31	18.00	1:49:54	6:06	5	19:44	16	38:31
Pleß Kontrolle	4.00	24:04	6:00	4	3:36	13	7:42	22.00	2:13:58	6:05	5	23:09	16	46:13
Festplatz	8.00	36:00	4:30	2	2:04	10	8:42	30.00	2:49:58	5:39	4	23:34	15	54:55