



# 13. Werraenergie Pleßlauf

Breitungen / 21.08.2016

## Detailed evaluation

**Obenhaus, Stefan**

Club: Wartburg Sparkasse

Number: 357

Course: 30.00 km

30 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 2:50:56

Speed: 10.53 km/h

Running performance: 5:42 min/km

Rank in course/Total: 21 (of 25)

Rank in course/Men: 16 (of 19)

Best time in course: 1:55:03

Rank in category: 5(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	1:47:54	5:59	4	17:44	15	36:31	18.00	1:47:54	5:59	4	17:44	15	36:31
Pleß Kontrolle	4.00	24:10	6:02	5	3:42	14	7:48	22.00	2:12:04	6:00	4	21:15	15	44:19
Festplatz	8.00	38:52	4:51	4	4:56	14	11:34	30.00	2:50:56	5:41	5	24:32	16	55:53