



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 |