



13. Werraenergie Pleßlauf

Breitungen / 21.08.2016

Detailed evaluation

Straub, Günter

Club: TSV Rannungen

Number: 359

Course: 30.00 km

30 km Lauf

Category:

Senioren M70 (70-74 Jahre)

Total time: 3:00:42

Speed: 9.96 km/h

Running performance: 6:01 min/km

Rank in course/Total: 22 (of 25)

Rank in course/Men: 17 (of 19)

Best time in course: 1:55:03

Rank in category: 1(of 1)

Best time in the category: 3:00:42

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	1:51:17	6:10	1	-	17	39:54	18.00	1:51:17	6:10	1	-	17	39:54
Pleß Kontrolle	4.00	25:41	6:25	1	-	17	9:19	22.00	2:16:58	6:13	1	-	17	49:13
Festplatz	8.00	43:44	5:28	1	-	17	16:26	30.00	3:00:42	6:01	1	-	17	1:05:39