



13. Werraenergie Pleßlauf

Breitungen / 21.08.2016

Detailed evaluation

Lesser, Holger

Club: Erfurt
Number: 342

Course: 30.00 km
30 km Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 3:13:46

Speed: 9.29 km/h
Running performance: 6:28 min/km

Rank in course/Total: 23 (of 25)

Rank in course/Men: 18 (of 19)

Best time in course: 1:55:03

Rank in category: 2(of 2)

Best time in the category: 2:31:37

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	1:56:20	6:27	2	19:40	18	44:57	18.00	1:56:20	6:27	2	19:40	18	44:57
Pleß Kontrolle	4.00	28:44	7:11	2	7:26	18	12:22	22.00	2:25:04	6:35	2	27:06	18	57:19
Festplatz	8.00	48:42	6:05	2	15:03	19	21:24	30.00	3:13:46	6:27	2	42:09	18	1:18:43