



13. Werraenergie Pleßlauf

Breitungen / 21.08.2016

Detailed evaluation

Arlt, Marcel

Club: Dachdeckerei Schröder

Number: 344

Course: 30.00 km

30 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 3:17:50

Speed: 9.10 km/h

Running performance: 6:35 min/km

Rank in course/Total: 24 (of 25)

Rank in course/Men: 19 (of 19)

Best time in course: 1:55:03

Rank in category: 6(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	2:01:27	6:44	6	31:17	19	50:04	18.00	2:01:27	6:44	6	31:17	19	50:04
Pleß Kontrolle	4.00	29:02	7:15	6	8:34	19	12:40	22.00	2:30:29	6:50	6	39:40	19	1:02:44
Festplatz	8.00	47:21	5:55	6	13:25	18	20:03	30.00	3:17:50	6:35	6	51:26	19	1:22:47