



# 13. Werraenergie Pleßlauf

Breitungen / 21.08.2016

## Detailed evaluation

**Hohe, Annette**

Club: Erfurt  
Number: 339

Course: 30.00 km  
30 km Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 3:30:06

Speed: 8.57 km/h  
Running performance: 7:00 min/km

Rank in course/Total: 25 (of 25)

Rank in course/Women: 6 (of 6)

Best time in course: 2:24:15

Rank in category: 1(of 1)

Best time in the category: 3:30:06

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Pleß Kontrolle	18.00	2:09:22	7:11	1	-	6	39:46	18.00	2:09:22	7:11	1	-	6	39:46
Pleß Kontrolle	4.00	29:52	7:28	1	-	6	10:01	22.00	2:39:14	7:14	1	-	6	49:47
Festplatz	8.00	50:52	6:21	1	-	6	17:37	30.00	3:30:06	7:00	1	-	6	1:05:51