



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. | Pos Women | Behind Women | Total | Total | Total | Pos | Behind | Pos | Behind |
|----------------|----------|------------|--------------|----------|-------------|-----------|--------------|-------|---------|--------|------|--------|-------|---------|
| | | | | | | | | km | Time | min/km | Cat. | Cat. | Women | 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 |