



13. Werraenergie Pleßlauf

Breitungen / 21.08.2016

Detailed evaluation

Semisch, Herbert

Club: Meiningen

Number: 942

Course: 30.00 km

Nordic Walking 30km

Category:

Nordic Walking Männer

Total time: 4:20:14

Speed: 6.92 km/h

Running performance: 8:40 min/km

Rank in course/Total: 3 (of 3)

Rank in course/Men: 3 (of 3)

Best time in course: 3:31:13

Rank in category: 3(of 3)

Best time in the category: 3:31:13

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 | 2:42:57 | 9:03 | 3 | 35:54 | 3 | 35:54 | 18.00 | 2:42:57 | 9:03 | 3 | 35:54 | 3 | 35:54 |
| Festplatz | 8.00 | 1:37:17 | 12:09 | 3 | 13:07 | 3 | 13:07 | 30.00 | 4:20:14 | 8:40 | 3 | 49:01 | 3 | 49:01 |