



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