



# 5. Breitunger Pleßlauf

Breitungen / 24.08.2008

## Detailed evaluation

**Krause, Steffen**

Club: Sportteam-STEINBACH Meiningen

Number: 655

Course: 21.10 km

Halbmarathon

Category:

Männer M40

Total time: 1:35:03

Speed: 13.26 km/h

Running performance: 4:30 min/km

Rank in course/Total: 12 (of 112)

Rank in course/Men: 12 (of 97)

Best time in course: 1:22:06

Rank in category: 4(of 18)

Best time in the category: 1:25:19

### Intermediate times

### Stage score

### Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind	
	km	Time			min/km	Cat.		Men	Men			km	Time		min/km
Pleß	12.10	1:00:08	4:58	4	5:30	10	9:06	12.10	1:00:08	4:58	16			63	
Friedenskampfbä	9.00	34:55	3:52	4	4:14	14	4:14	21.10	1:35:03	4:30	4	9:44	12	12:57	