



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: 13.32 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	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	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