



5. Breitunger Pleßlauf
Breitungen / 24.08.2008

Detailed evaluation

Kurtz, Ralf

Club: Erfurt
Number: 688

Course: 21.10 km
Halbmarathon

Category:
Männer M40

Total time: 1:37:11

Speed: 12.97 km/h
Running performance: 4:37 min/km

Rank in course/Total: 16 (of 112)

Rank in course/Men: 16 (of 97)

Best time in course: 1:22:06

Rank in category: 5(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	1:01:19	5:04	5	6:41	12	10:17	12.10	1:01:19	5:04	15			59
Friedenskampfbä	9.00	35:52	3:59	5	5:11	17	5:11	21.10	1:37:11	4:36	5	11:52	16	15:05