



5. Breitunger Pleßlauf  
Breitungen / 24.08.2008

Detailed evaluation

**Bing, Holger**

Club: Rhöner WSV  
Number: 722

Course: 21.10 km  
Halbmarathon

Category:  
Männer M45

Total time: 1:39:51

Speed: 12.68 km/h  
Running performance: 4:44 min/km

Rank in course/Total: 20 (of 112)

Rank in course/Men: 20 (of 97)

Best time in course: 1:22:06

Rank in category: 4(of 21)

Best time in the category: 1:32:04

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	1:02:58	5:12	4	4:51	19	11:56	12.10	1:02:58	5:12	19			55
Friedenskampfbä	9.00	36:53	4:05	4	2:56	25	6:12	21.10	1:39:51	4:43	4	7:47	20	17:45