



5. Breitunger Pleßlauf
Breitungen / 24.08.2008

Detailed evaluation

Grebhahn, Bernd

Club: WSV Oberhof
Number: 647

Course: 21.10 km
Halbmarathon

Category:
Männer M55

Total time: 1:41:25

Speed: 12.42 km/h
Running performance: 4:49 min/km

Rank in course/Total: 26 (of 112)

Rank in course/Men: 26 (of 97)

Best time in course: 1:22:06

Rank in category: 3(of 9)

Best time in the category: 1:24:04

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	
Pleß	12.10	1:03:53	5:16	3	10:58	24	12:51	12.10	1:03:53	5:16	3	10:58	61	
Friedenskampfbä	9.00	37:32	4:10	5	6:23	32	6:51	21.10	1:41:25	4:48	3	17:21	26	19:19