



5. Breitunger Pleßlauf
Breitungen / 24.08.2008

Detailed evaluation

Baumbach, Frank

Club: LG PEFRA
Number: 701

Course: 21.10 km
Halbmarathon

Category:
Männer M40

Total time: 1:42:05

Speed: 12.40 km/h
Running performance: 4:50 min/km

Rank in course/Total: 29 (of 112)

Rank in course/Men: 29 (of 97)

Best time in course: 1:22:06

Rank in category: 7(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	1:04:43	5:20	7	10:05	28	13:41	12.10	1:04:43	5:20	13			93
Friedenskampfbä	9.00	37:22	4:09	7	6:41	31	6:41	21.10	1:42:05	4:50	7	16:46	29	19:59