



5. Breitunger Pleßlauf  
Breitungen / 24.08.2008

Detailed evaluation

Iffert, Karl

Club: Wernshausen  
Number: 675

Course: 21.10 km  
Halbmarathon

Category:  
Männer M55

Total time: 1:42:37

Speed: 12.28 km/h  
Running performance: 4:52 min/km

Rank in course/Total: 31 (of 112)

Rank in course/Men: 31 (of 97)

Best time in course: 1:22:06

Rank in category: 4(of 9)

Best time in the category: 1:24:04

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Pleß	12.10	1:05:23	5:24	4	12:28	30	14:21	12.10	1:05:23	5:24	4	12:28	91	
Friedenskampfbä	9.00	37:14	4:08	4	6:05	30	6:33	21.10	1:42:37	4:51	4	18:33	31	20:31