



5. Breitunger Pleßlauf
Breitungen / 24.08.2008

Detailed evaluation

Holland-Nell, Karl-Heinz

Club: RLV - Steinbach-Hallenberg
Number: 680

Course: 21.10 km
Halbmarathon

Category:
Männer M60

Total time: 1:47:09

Speed: 11.76 km/h
Running performance: 5:05 min/km

Rank in course/Total: 45 (of 112)

Rank in course/Men: 44 (of 97)

Best time in course: 1:22:06

Rank in category: 2(of 5)

Best time in the category: 1:44:42

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	1:07:19	5:33	2	0:33	41	16:17	12.10	1:07:19	5:33	2	0:33	78	
Friedenskampfbä	9.00	39:50	4:25	2	1:54	48	9:09	21.10	1:47:09	5:04	2	2:27	44	25:03