



5. Breitunger Pleßlauf
Breitungen / 24.08.2008

Detailed evaluation

Heller, Jens

Club: Immelborn
Number: 679

Course: 21.10 km
Halbmarathon

Category:
Männer M30

Total time: 1:49:07

Speed: 11.55 km/h
Running performance: 5:10 min/km

Rank in course/Total: 51 (of 112)

Rank in course/Men: 50 (of 97)

Best time in course: 1:22:06

Rank in category: 3(of 6)

Best time in the category: 1:40:15

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	1:09:08	5:42	3	5:49	50	18:06	12.10	1:09:08	5:42	3	5:49	24	
Friedenskampfbä	9.00	39:59	4:26	3	3:03	52	9:18	21.10	1:49:07	5:10	3	8:52	50	27:01