



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: 11.60 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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         |