



5. Breitunger Pleßlauf
Breitungen / 24.08.2008

Detailed evaluation

Trautmann, Heiko

Club: TLC Mühlhausen
Number: 736

Course: 21.10 km
Halbmarathon

Category:
Männer M40

Total time: 1:49:33

Speed: 11.50 km/h
Running performance: 5:11 min/km

Rank in course/Total: 53 (of 112)

Rank in course/Men: 52 (of 97)

Best time in course: 1:22:06

Rank in category: 8(of 18)

Best time in the category: 1:25:19

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	1:09:35	5:45	11	14:57	53	18:33	12.10	1:09:35	5:45	12	0:24	22		
Friedenskampfbä	9.00	39:58	4:26	9	9:17	51	9:17	21.10	1:49:33	5:11	8	24:14	52	27:27	