



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: 11.56 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	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	1:09:35	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