



5. Breitunger Pleßlauf

Breitungen / 24.08.2008

Detailed evaluation

Dittmar, Stephan

Club: LV Schmalkalden

Number: 732

Course: 21.10 km

Halbmarathon

Category:

Männer M40

Total time: 1:49:59

Speed: 11.51 km/h

Running performance: 5:13 min/km

Rank in course/Total: 55 (of 112)

Rank in course/Men: 54 (of 97)

Best time in course: 1:22:06

Rank in category: 9(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	1:11:13	5:53	13	16:35	67	20:11	12.10	1:11:13	5:53	11	2:02	20	0:31
Friedenskampfbä	9.00	38:46	4:18	8	8:05	40	8:05	21.10	1:49:59	5:12	9	24:40	54	27:53