



5. Breitunger Pleßlauf
Breitungen / 24.08.2008

Detailed evaluation

Rasche, Harald

Club: 1. TSV 1990 Bad Salzungen
Number: 689

Course: 21.10 km
Halbmarathon

Category:
Männer M45

Total time: 1:50:55

Speed: 11.36 km/h
Running performance: 5:16 min/km

Rank in course/Total: 62 (of 112)

Rank in course/Men: 60 (of 97)

Best time in course: 1:22:06

Rank in category: 10(of 21)

Best time in the category: 1:32:04

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	1:10:53	5:51	12	12:46	62	19:51	12.10	1:10:53	5:51	13	0:11	14	0:11
Friedenskampfbä	9.00	40:02	4:26	8	6:05	53	9:21	21.10	1:50:55	5:15	10	18:51	60	28:49