



5. Breitunger Pleßlauf
Breitungen / 24.08.2008

Detailed evaluation

Gasterstedt, Ralf

Club: Unkeroda
Number: 704

Course: 21.10 km
Halbmarathon

Category:
Männer M45

Total time: 1:51:04

Speed: 11.34 km/h
Running performance: 5:16 min/km

Rank in course/Total: 64 (of 112)

Rank in course/Men: 61 (of 97)

Best time in course: 1:22:06

Rank in category: 11(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	1:10:42	5:50	11	12:35	61	19:40	12.10	1:10:42	5:50	1	-	1	-
Friedenskampfbä	9.00	40:22	4:29	11	6:25	60	9:41	21.10	1:51:04	5:15	11	19:00	61	28:58