



5. Breitunger Pleßlauf  
Breitungen / 24.08.2008

Detailed evaluation

**Berndt, Roland**

Club: SV Erlkönig e. V.  
Number: 627

Course: 21.10 km  
Halbmarathon

Category:  
Männer M55

Total time: 1:51:13

Speed: 11.38 km/h  
Running performance: 5:16 min/km

Rank in course/Total: 66 (of 112)

Rank in course/Men: 63 (of 97)

Best time in course: 1:22:06

Rank in category: 6(of 9)

Best time in the category: 1:24:04

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	1:11:07	5:52	7	18:12	66	20:05	12.10	1:11:07	5:52	6	18:12	11	0:25
Friedenskampfbä	9.00	40:06	4:27	7	8:57	55	9:25	21.10	1:51:13	5:16	6	27:09	63	29:07