



5. Breitunger Pleßlauf  
Breitungen / 24.08.2008

Detailed evaluation

Heilwagen, René

Club: Ruhla OT Thal  
Number: 619

Course: 21.10 km  
Halbmarathon

Category:  
Männer M40

Total time: 1:51:22

Speed: 11.31 km/h  
Running performance: 5:17 min/km

Rank in course/Total: 67 (of 112)

Rank in course/Men: 64 (of 97)

Best time in course: 1:22:06

Rank in category: 13(of 18)

Best time in the category: 1:25:19

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	1:10:36	5:50	12	15:58	60	19:34	12.10	1:10:36	5:50	7	1:25	10		
Friedenskampfbä	9.00	40:46	4:31	10	10:05	64	10:05	21.10	1:51:22	5:16	13	26:03	64	29:16	