



5. Breitunger Pleßlauf

Breitungen / 24.08.2008

Detailed evaluation

Laudage, Steffen

Club: Floh-Seligenthal

Number: 699

Course: 21.10 km

Halbmarathon

Category:

Männer M45

Total time: 1:52:04

Speed: 11.30 km/h

Running performance: 5:19 min/km

Rank in course/Total: 72 (of 112)

Rank in course/Men: 69 (of 97)

Best time in course: 1:22:06

Rank in category: 12(of 21)

Best time in the category: 1:32:04

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				Cat.	Cat.	Men	Men
Pleß	12.10	1:07:12	5:33	6	9:05	40	16:10	12.10	1:07:12	5:33	11		5	
Friedenskampfbz	9.00	44:52	4:59	18	10:55	84	14:11	21.10	1:52:04	5:18	12	20:00	69	29:58