



5. Breitunger Pleßlauf
Breitungen / 24.08.2008

Detailed evaluation

Heiderich, Ronald

Club: Bosch
Number: 658

Course: 21.10 km
Halbmarathon

Category:
Männer M45

Total time: 1:54:20

Speed: 11.02 km/h
Running performance: 5:25 min/km

Rank in course/Total: 77 (of 112)

Rank in course/Men: 72 (of 97)

Best time in course: 1:22:06

Rank in category: 13(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	1:12:16	5:58	13	14:09	69	21:14	12.10	1:12:16	5:58	10	1:34	2	1:34
Friedenskampfbä	9.00	42:04	4:40	13	8:07	69	11:23	21.10	1:54:20	5:25	13	22:16	72	32:14