



5. Breitunger Pleßlauf
Breitungen / 24.08.2008

Detailed evaluation

Lange, Heiko

Club: LG Bärenfang Suhl
Number: 718

Course: 21.10 km
Halbmarathon

Category:
Männer M45

Total time: 1:56:29

Speed: 10.82 km/h
Running performance: 5:31 min/km

Rank in course/Total: 82 (of 112)

Rank in course/Men: 77 (of 97)

Best time in course: 1:22:06

Rank in category: 16(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	km	Time	min/km	Cat.	Cat.	Men	Men
Pleß	12.10	1:12:22	5:58	14	14:15	70	21:20	12.10	1:12:22	5:58	7	1:40	45	1:40
Friedenskampfbä	9.00	44:07	4:54	16	10:10	78	13:26	21.10	1:56:29	5:31	16	24:25	77	34:23