



5. Breitunger Pleßlauf
Breitungen / 24.08.2008

Detailed evaluation

Bierau, Ronald

Club: Immelborn
Number: 635

Course: 21.10 km
Halbmarathon

Category:
Männer M40

Total time: 1:59:12

Speed: 10.57 km/h
Running performance: 5:39 min/km

Rank in course/Total: 89 (of 112)

Rank in course/Men: 81 (of 97)

Best time in course: 1:22:06

Rank in category: 15(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	1:14:40	6:10	15	20:02	82	23:38	12.10	1:14:40	6:10	5	5:29	41	3:58
Friedenskampfbä	9.00	44:32	4:56	16	13:51	83	13:51	21.10	1:59:12	5:38	15	33:53	81	37:06