



5. Breitunger Pleßlauf  
Breitungen / 24.08.2008

Detailed evaluation

Lämmerhirt, Torsten

Club: DAV Inselberg Brotterode  
Number: 733

Course: 21.10 km  
Halbmarathon

Category:  
Männer M40

Total time: 2:26:18

Speed: 8.65 km/h  
Running performance: 6:56 min/km

Rank in course/Total: 112 (of 112)

Rank in course/Men: 97 (of 97)

Best time in course: 1:22:06

Rank in category: 18(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	1:29:00	7:21	18	34:22	95	37:58	12.10	1:29:00	7:21	2	19:49	26	18:18
Friedenskampfbä	9.00	57:18	6:21	18	26:37	95	26:37	21.10	2:26:18	6:56	18	1:00:59	97	1:04:12