



7. Breitunger Pleßlauf  
Breitungen / 22.08.2010

Detailed evaluation

**Brinkmann, Lars**

Club: Meiningen

Number: 234

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M30

Total time: 56:40

Speed: 10.59 km/h

Running performance: 5:24 min/km

Rank in course/Total: 67 (of 138)

Rank in course/Men: 54 (of 100)

Best time in course: 36:38

Rank in category: 4(of 6)

Best time in the category: 43:45