



7. Breitunger Pleßlauf  
Breitungen / 22.08.2010

Detailed evaluation

Steffens, Sebastian

Club: LG Höltl  
Number: 104

Course: 10.50 km  
10,5 km-Lauf

Category:  
Männer M30

Total time: 56:53

Speed: 10.55 km/h  
Running performance: 5:25 min/km

Rank in course/Total: 71 (of 138)

Rank in course/Men: 58 (of 100)

Best time in course: 36:38

Rank in category: 5(of 6)

Best time in the category: 43:45