



7. Breitunger Pleßlauf  
Breitungen / 22.08.2010

Detailed evaluation

**Rauchmaul, Sascha**

Club: Ütteroda  
Number: 241

Course: 10.50 km  
10,5 km-Lauf

Category:  
Männer M40

Total time: 1:00:44

Speed: 9.88 km/h  
Running performance: 5:47 min/km

Rank in course/Total: 94 (of 138)

Rank in course/Men: 77 (of 100)

Best time in course: 36:38

Rank in category: 14(of 15)

Best time in the category: 42:30