



7. Breitunger Pleßlauf  
Breitungen / 22.08.2010

Detailed evaluation

**Bechstein, Michael**

Club: TABBS Vital  
Number: 115

Course: 10.50 km  
10,5 km-Lauf

Category:  
Männer M45

Total time: 1:04:21

Speed: 9.32 km/h  
Running performance: 6:08 min/km

Rank in course/Total: 101 (of 138)

Rank in course/Men: 82 (of 100)

Best time in course: 36:38

Rank in category: 10(of 11)

Best time in the category: 46:31