



7. Breitunger Pleßlauf  
Breitungen / 22.08.2010

Detailed evaluation

Knape, Marcel

Club: LC Erfurt  
Number: 332

Course: 21.10 km  
Halbmarathon

Category:  
Männer M20

Total time: 1:22:00

Speed: 15.44 km/h  
Running performance: 3:53 min/km

Rank in course/Total: 1 (of 88)

Rank in course/Men: 1 (of 79)

Best time in course: 1:22:00

Rank in category: 1(of 9)

Best time in the category: 1:22:00

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Pleß	13.00	53:52	4:08	1	-	1	-	13.00	53:52	4:08	1	-	70	
Festplatz	8.10	28:08	3:28	1	-	3	1:02	21.10	1:22:00	3:53	1	-	2	17:34