



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	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind 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