



7. Breitunger Pleßlauf
Breitungen / 22.08.2010

Detailed evaluation

Meyer, Steffen

Club: Rennsteiglaufverein/LG Süd
Number: 390

Course: 21.10 km
Halbmarathon

Category:
Männer M40

Total time: 1:23:34

Speed: 15.08 km/h
Running performance: 3:58 min/km

Rank in course/Total: 2 (of 88)

Rank in course/Men: 2 (of 79)

Best time in course: 1:22:00

Rank in category: 1(of 13)

Best time in the category: 1:23:34

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	56:28	4:20	1	-	2	2:36	13.00	56:28	4:20	1	-	59	
Festplatz	8.10	27:06	3:20	1	-	1	-	21.10	1:23:34	3:57	1	-	3	19:08