



7. Breitunger Pleßlauf
Breitungen / 22.08.2010

Detailed evaluation

Lynas, Matthew

Club: LTV Erfurt
Number: 336

Course: 21.10 km
Halbmarathon

Category:
Männer M40

Total time: 1:26:36

Speed: 14.62 km/h
Running performance: 4:06 min/km

Rank in course/Total: 3 (of 88)

Rank in course/Men: 3 (of 79)

Best time in course: 1:22:00

Rank in category: 2(of 13)

Best time in the category: 1:23:34

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	58:41	4:30	3	2:13	5	4:49	13.00	58:41	4:30	2	2:13	58	
Festplatz	8.10	27:55	3:26	2	0:49	2	0:49	21.10	1:26:36	4:06	2	3:02	4	22:10