



7. Breitunger Pleßlauf  
Breitungen / 22.08.2010

Detailed evaluation

Meinecke, Thomas

Club: SV TU Ilmenau  
Number: 370

Course: 21.10 km  
Halbmarathon

Category:  
Männer M40

Total time: 1:27:14

Speed: 14.44 km/h  
Running performance: 4:08 min/km

Rank in course/Total: 4 (of 88)

Rank in course/Men: 4 (of 79)

Best time in course: 1:22:00

Rank in category: 3(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	57:29	4:25	2	1:01	3	3:37	13.00	57:29	4:25	3	1:01	57	
Festplatz	8.10	29:45	3:40	3	2:39	4	2:39	21.10	1:27:14	4:08	3	3:40	5	22:48