



7. Breitunger Pleßlauf  
Breitungen / 22.08.2010

Detailed evaluation

Fräntzki, Dirk

Club: Rennsteiglaufverein/LG Süd  
Number: 343

Course: 21.10 km  
Halbmarathon

Category:  
Männer M35

Total time: 1:31:03

Speed: 13.84 km/h  
Running performance: 4:19 min/km

Rank in course/Total: 7 (of 88)

Rank in course/Men: 7 (of 79)

Best time in course: 1:22:00

Rank in category: 1(of 10)

Best time in the category: 1:31:03

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	1:00:54	4:41	1	-	7	7:02	13.00	1:00:54	4:41	1	-	54	
Festplatz	8.10	30:09	3:43	1	-	6	3:03	21.10	1:31:03	4:18	1	-	8	26:37