



7. Breitunger Pleßlauf
Breitungen / 22.08.2010

Detailed evaluation

Jaeger, Frank

Club: SV Sömmerda e.V.
Number: 385

Course: 21.10 km
Halbmarathon

Category:
Männer M45

Total time: 1:31:49

Speed: 13.72 km/h
Running performance: 4:21 min/km

Rank in course/Total: 8 (of 88)

Rank in course/Men: 8 (of 79)

Best time in course: 1:22:00

Rank in category: 1(of 19)

Best time in the category: 1:31:49

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	1:01:46	4:45	1	-	9	7:54	13.00	1:01:46	4:45	11	-	53	
Festplatz	8.10	30:03	3:42	1	-	5	2:57	21.10	1:31:49	4:21	1	-	9	27:23