



7. Breitunger Pleßlauf
Breitungen / 22.08.2010

Detailed evaluation

Sens, Stefan

Club: LSV Lok Arnstadt
Number: 371

Course: 21.10 km
Halbmarathon

Category:
Männer M20

Total time: 1:32:33

Speed: 13.61 km/h
Running performance: 4:23 min/km

Rank in course/Total: 9 (of 88)

Rank in course/Men: 9 (of 79)

Best time in course: 1:22:00

Rank in category: 4(of 9)

Best time in the category: 1:22:00

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	1:01:01	4:41	4	7:09	8	7:09	13.00	1:01:01	4:41	4	7:09	52	
Festplatz	8.10	31:32	3:53	4	3:24	10	4:26	21.10	1:32:33	4:23	4	10:33	10	28:07