



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: 13.68 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 |