



7. Breitunger Pleßlauf
Breitungen / 22.08.2010

Detailed evaluation

Schrader, Bernd

Club: PSV Meiningen
Number: 387

Course: 21.10 km
Halbmarathon

Category:
Männer M45

Total time: 1:35:33

Speed: 13.25 km/h
Running performance: 4:32 min/km

Rank in course/Total: 10 (of 88)

Rank in course/Men: 10 (of 79)

Best time in course: 1:22:00

Rank in category: 2(of 19)

Best time in the category: 1:31:49

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Pleß	13.00	1:04:51	4:59	2	3:05	13	10:59	13.00	1:04:51	4:59	19			51
Festplatz	8.10	30:42	3:47	2	0:39	8	3:36	21.10	1:35:33	4:31	2	3:44	11	31:07