



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: 13.19 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	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	1:04:51	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