



7. Breitunger Pleßlauf  
Breitungen / 22.08.2010

Detailed evaluation

Becker, Lars

Club: SG Glücksbrunn Schweina  
Number: 328

Course: 21.10 km  
Halbmarathon

Category:  
Männer M45

Total time: 1:39:19

Speed: 12.69 km/h  
Running performance: 4:43 min/km

Rank in course/Total: 14 (of 88)

Rank in course/Men: 14 (of 79)

Best time in course: 1:22:00

Rank in category: 3(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	1:05:26	5:01	3	3:40	14	11:34	13.00	1:05:26	5:01	18			47
Festplatz	8.10	33:53	4:10	3	3:50	14	6:47	21.10	1:39:19	4:42	3	7:30	15	34:53