



7. Breitunger Pleßlauf  
Breitungen / 22.08.2010

Detailed evaluation

Schmalz, Frank

Club: Alea Sanitas  
Number: 313

Course: 21.10 km  
Halbmarathon

Category:  
Männer M30

Total time: 1:41:31

Speed: 12.47 km/h  
Running performance: 4:49 min/km

Rank in course/Total: 16 (of 88)

Rank in course/Men: 16 (of 79)

Best time in course: 1:22:00

Rank in category: 2(of 4)

Best time in the category: 1:38:21

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	1:07:04	5:09	2	0:38	16	13:12	13.00	1:07:04	5:09	2	0:38	45	
Festplatz	8.10	34:27	4:15	2	2:32	19	7:21	21.10	1:41:31	4:48	2	3:10	17	37:05