



7. Breitunger Pleßlauf
Breitungen / 22.08.2010

Detailed evaluation

Wiegand, Frank

Club: Bad Salzungen
Number: 384

Course: 21.10 km
Halbmarathon

Category:
Männer M45

Total time: 1:45:07

Speed: 12.04 km/h
Running performance: 4:59 min/km

Rank in course/Total: 23 (of 88)

Rank in course/Men: 22 (of 79)

Best time in course: 1:22:00

Rank in category: 4(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	1:10:42	5:26	4	8:56	22	16:50	13.00	1:10:42	5:26	17			78
Festplatz	8.10	34:25	4:14	4	4:22	18	7:19	21.10	1:45:07	4:58	4	13:18	23	40:41