



7. Breitunger Pleßlauf
Breitungen / 22.08.2010

Detailed evaluation

Laudage, Steffen

Club: Zella
Number: 922

Course: 21.10 km
Halbmarathon

Category:
Männer M45

Total time: 1:47:08

Speed: 11.76 km/h
Running performance: 5:05 min/km

Rank in course/Total: 26 (of 88)

Rank in course/Men: 24 (of 79)

Best time in course: 1:22:00

Rank in category: 5(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 | 1:12:13 | 5:33 | 5 | 10:27 | 25 | 18:21 | 13.00 | 1:12:13 | 5:33 | 16 | | | 76 |
| Festplatz | 8.10 | 34:55 | 4:18 | 5 | 4:52 | 21 | 7:49 | 21.10 | 1:47:08 | 5:04 | 5 | 15:19 | 25 | 42:42 |