



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: 11.82 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  |