



7. Breitunger Pleßlauf
Breitungen / 22.08.2010

Detailed evaluation

Michalk, Bernhard

Club: Rudolstadt
Number: 386

Course: 21.10 km
Halbmarathon

Category:
Männer M45

Total time: 1:49:54

Speed: 11.46 km/h
Running performance: 5:13 min/km

Rank in course/Total: 28 (of 88)

Rank in course/Men: 26 (of 79)

Best time in course: 1:22:00

Rank in category: 6(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	1:14:06	5:41	6	12:20	29	20:14	13.00	1:14:06	5:41	15			74
Festplatz	8.10	35:48	4:25	8	5:45	26	8:42	21.10	1:49:54	5:12	6	18:05	27	45:28