



7. Breitunger Pleßlauf  
Breitungen / 22.08.2010

Detailed evaluation

**Bing, Holger**

Club: Rhöner WSV  
Number: 315

Course: 21.10 km  
Halbmarathon

Category:  
Männer M50

Total time: 1:52:06

Speed: 11.24 km/h  
Running performance: 5:19 min/km

Rank in course/Total: 32 (of 88)

Rank in course/Men: 30 (of 79)

Best time in course: 1:22:00

Rank in category: 3(of 8)

Best time in the category: 1:46:27

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	1:14:45	5:45	3	3:23	32	20:53	13.00	1:14:45	5:45	3	3:23	60	
Festplatz	8.10	37:21	4:36	2	2:16	32	10:15	21.10	1:52:06	5:18	4	47:40	31	47:40