



7. Breitunger Pleßlauf
Breitungen / 22.08.2010

Detailed evaluation

Zösche, Karsten

Club: KAZU Meiningen
Number: 335

Course: 21.10 km
Halbmarathon

Category:
Männer M45

Total time: 1:52:16

Speed: 11.28 km/h
Running performance: 5:19 min/km

Rank in course/Total: 33 (of 88)

Rank in course/Men: 31 (of 79)

Best time in course: 1:22:00

Rank in category: 7(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	1:17:00	5:55	7	15:14	38	23:08	13.00	1:17:00	5:55	14			69
Festplatz	8.10	35:16	4:21	6	5:13	23	8:10	21.10	1:52:16	5:19	7	20:27	32	47:50