



7. Breitunger Pleßlauf  
Breitungen / 22.08.2010

Detailed evaluation

**Bohms, Martin**

Club: Langenfeld  
Number: 400

Course: 21.10 km  
Halbmarathon

Category:  
Männer M20

Total time: 1:54:05

Speed: 11.04 km/h  
Running performance: 5:25 min/km

Rank in course/Total: 35 (of 88)

Rank in course/Men: 33 (of 79)

Best time in course: 1:22:00

Rank in category: 8(of 9)

Best time in the category: 1:22:00

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	1:15:47	5:49	8	21:55	35	21:55	13.00	1:15:47	5:49	8	21:55	67	
Festplatz	8.10	38:18	4:43	8	10:10	38	11:12	21.10	1:54:05	5:24	8	32:05	34	49:39