



7. Breitunger Pleßlauf
Breitungen / 22.08.2010

Detailed evaluation

Grützmacher, Ansgar

Club: Stadtlengsfeld
Number: 391

Course: 21.10 km
Halbmarathon

Category:
Männer M40

Total time: 1:55:27

Speed: 10.91 km/h
Running performance: 5:28 min/km

Rank in course/Total: 38 (of 88)

Rank in course/Men: 36 (of 79)

Best time in course: 1:22:00

Rank in category: 5(of 13)

Best time in the category: 1:23:34

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	1:14:13	5:42	4	17:45	30	20:21	13.00	1:14:13	5:42	5	17:45	64	
Festplatz	8.10	41:14	5:05	7	14:08	51	14:08	21.10	1:55:27	5:28	5	31:53	37	51:01