



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: 10.97 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 |