



7. Breitunger Pleßlauf  
Breitungen / 22.08.2010

Detailed evaluation

Iffert, Karl

Club: Wernshäuser Lauftreff  
Number: 316

Course: 21.10 km  
Halbmarathon

Category:  
Männer M55

Total time: 1:55:31

Speed: 10.96 km/h  
Running performance: 5:28 min/km

Rank in course/Total: 39 (of 88)

Rank in course/Men: 37 (of 79)

Best time in course: 1:22:00

Rank in category: 2(of 7)

Best time in the category: 1:43:04

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	1:18:30	6:02	3	9:38	44	24:38	13.00	1:18:30	6:02	2	9:38	63	
Festplatz	8.10	37:01	4:34	2	2:49	30	9:55	21.10	1:55:31	5:28	2	12:27	38	51:05