



7. Breitunger Pleßlauf
Breitungen / 22.08.2010

Detailed evaluation

Pohl, Wolfgang

Club: SV Normania Treffurt
Number: 379

Course: 21.10 km
Halbmarathon

Category:
Männer M55

Total time: 1:56:41

Speed: 10.85 km/h
Running performance: 5:32 min/km

Rank in course/Total: 41 (of 88)

Rank in course/Men: 39 (of 79)

Best time in course: 1:22:00

Rank in category: 3(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	1:16:49	5:54	2	7:57	37	22:57	13.00	1:16:49	5:54	3	7:57	61	
Festplatz	8.10	39:52	4:55	5	5:40	46	12:46	21.10	1:56:41	5:31	3	13:37	40	52:15