



7. Breitunger Pleßlauf
Breitungen / 22.08.2010

Detailed evaluation

Reinhardt, Steffen

Club: Rhöner WSV
Number: 307

Course: 21.10 km
Halbmarathon

Category:
Männer M40

Total time: 1:58:06

Speed: 10.67 km/h
Running performance: 5:36 min/km

Rank in course/Total: 46 (of 88)

Rank in course/Men: 44 (of 79)

Best time in course: 1:22:00

Rank in category: 7(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 | 1:19:04 | 6:04 | 11 | 22:36 | 48 | 25:12 | 13.00 | 1:19:04 | 6:04 | 7 | 22:36 | 17 | |
| Festplatz | 8.10 | 39:02 | 4:49 | 5 | 11:56 | 40 | 11:56 | 21.10 | 1:58:06 | 5:35 | 7 | 34:32 | 45 | 53:40 |