



7. Breitunger Pleßlauf
Breitungen / 22.08.2010

Detailed evaluation

Heller, Jens

Club: Immelborn
Number: 333

Course: 21.10 km
Halbmarathon

Category:
Männer M30

Total time: 1:58:52

Speed: 10.60 km/h
Running performance: 5:38 min/km

Rank in course/Total: 47 (of 88)

Rank in course/Men: 45 (of 79)

Best time in course: 1:22:00

Rank in category: 4(of 4)

Best time in the category: 1:38:21

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	1:19:29	6:06	4	13:03	50	25:37	13.00	1:19:29	6:06	4	13:03	16	0:11
Festplatz	8.10	39:23	4:51	4	7:28	42	12:17	21.10	1:58:52	5:38	4	20:31	46	54:26