



7. Breitunger Pleßlauf  
Breitungen / 22.08.2010

Detailed evaluation

Lunkeit, Achim

Club: Schweina  
Number: 310

Course: 21.10 km  
Halbmarathon

Category:  
Männer M40

Total time: 2:00:10

Speed: 10.54 km/h  
Running performance: 5:42 min/km

Rank in course/Total: 50 (of 88)

Rank in course/Men: 47 (of 79)

Best time in course: 1:22:00

Rank in category: 8(of 13)

Best time in the category: 1:23:34

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Pleß	13.00	1:18:51	6:03	10	22:23	47	24:59	13.00	1:18:51	6:03	8	22:23	14	
Festplatz	8.10	41:19	5:06	8	14:13	53	14:13	21.10	2:00:10	5:41	8	36:36	48	55:44