



7. Breitunger Pleßlauf
Breitungen / 22.08.2010

Detailed evaluation

Triebel, Silco

Club: RLV Zella-Mehlis
Number: 341

Course: 21.10 km
Halbmarathon

Category:
Männer M35

Total time: 2:00:19

Speed: 10.47 km/h
Running performance: 5:42 min/km

Rank in course/Total: 51 (of 88)

Rank in course/Men: 48 (of 79)

Best time in course: 1:22:00

Rank in category: 7(of 10)

Best time in the category: 1:31:03

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	1:18:13	6:00	7	17:19	42	24:21	13.00	1:18:13	6:00	7	17:19	13	
Festplatz	8.10	42:06	5:11	9	11:57	55	15:00	21.10	2:00:19	5:42	7	29:16	49	55:53