



7. Breitunger Pleßlauf  
Breitungen / 22.08.2010

Detailed evaluation

Rudolph, Bernd

Club: Laufftreff Breitungen  
Number: 334

Course: 21.10 km  
Halbmarathon

Category:  
Männer M45

Total time: 2:00:19

Speed: 10.52 km/h  
Running performance: 5:42 min/km

Rank in course/Total: 52 (of 88)

Rank in course/Men: 49 (of 79)

Best time in course: 1:22:00

Rank in category: 10(of 19)

Best time in the category: 1:31:49

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	1:18:16	6:01	9	16:30	43	24:24	13.00	1:18:16	6:01	1	-	12	
Festplatz	8.10	42:03	5:11	10	12:00	54	14:57	21.10	2:00:19	5:42	10	28:30	49	55:53