



7. Breitunger Pleßlauf  
Breitungen / 22.08.2010

Detailed evaluation

Lemuth, Hans-Martin

Club: Metzels  
Number: 342

Course: 21.10 km  
Halbmarathon

Category:  
Männer M50

Total time: 2:02:31

Speed: 10.28 km/h  
Running performance: 5:49 min/km

Rank in course/Total: 57 (of 88)

Rank in course/Men: 53 (of 79)

Best time in course: 1:22:00

Rank in category: 5(of 8)

Best time in the category: 1:46:27

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	1:23:16	6:24	5	11:54	58	29:24	13.00	1:23:16	6:24	5	11:54	8	3:58
Festplatz	8.10	39:15	4:50	4	4:10	41	12:09	21.10	2:02:31	5:48	6	58:05	54	58:05