



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 |