



7. Breitunger Pleßlauf
Breitungen / 22.08.2010

Detailed evaluation

Willaschek, Phillip

Club: Erfurt
Number: 931

Course: 30.26 km
30 km-Lauf

Category:
Männer M20

Total time: 2:05:54

Speed: 14.30 km/h
Running performance: 4:10 min/km

Rank in course/Total: 1 (of 25)

Rank in course/Men: 1 (of 20)

Best time in course: 2:05:54

Rank in category: 1(of 3)

Best time in the category: 2:05:54

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Pleß	13.00	57:16	4:24	1	-	1	-	13.00	57:16	4:24	1	-	11	
Pleß	5.00	17:41	3:32	1	-	1	-	18.00	1:14:57	4:09	1	-	11	
Kilianskuppe	8.00	38:28	4:48	1	-	1	-	26.00	1:53:25	4:21	1	-	11	
Festplatz	4.26	12:29	2:55	1	-	1	-	30.26	2:05:54	4:09	1	-	1	-