



7. Breitunger Pleßlauf
Breitungen / 22.08.2010

Detailed evaluation

Nicolmann, Detlef

Club: Das Meininger Theater
Number: 361

Course: 21.10 km
Halbmarathon

Category:
Männer M45

Total time: 2:07:39

Speed: 9.87 km/h
Running performance: 6:03 min/km

Rank in course/Total: 64 (of 88)

Rank in course/Men: 60 (of 79)

Best time in course: 1:22:00

Rank in category: 11(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	1:23:49	6:26	12	22:03	62	29:57	13.00	1:23:49	6:26	10	5:33	11	4:31
Festplatz	8.10	43:50	5:24	12	13:47	62	16:44	21.10	2:07:39	6:02	11	35:50	61	1:03:13