



7. Breitunger Pleßlauf
Breitungen / 22.08.2010

Detailed evaluation

Dehmel, Gerhard

Club: ThWV Ilmenau
Number: 311

Course: 21.10 km
Halbmarathon

Category:
Männer M70

Total time: 2:08:01

Speed: 9.84 km/h
Running performance: 6:04 min/km

Rank in course/Total: 65 (of 88)

Rank in course/Men: 61 (of 79)

Best time in course: 1:22:00

Rank in category: 1(of 3)

Best time in the category: 2:08:01

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	1:25:37	6:35	1	-	65	31:45	13.00	1:25:37	6:35	1	-	39	6:19
Festplatz	8.10	42:24	5:14	1	-	56	15:18	21.10	2:08:01	6:04	1	-	62	1:03:35