



7. Breitunger Pleßlauf
Breitungen / 22.08.2010

Detailed evaluation

Jurkschat, Wolf

Club: Laufgruppe Frauenwald
Number: 918

Course: 30.26 km
30 km-Lauf

Category:
Männer M35

Total time: 2:09:01

Speed: 14.07 km/h
Running performance: 4:16 min/km

Rank in course/Total: 2 (of 25)

Rank in course/Men: 2 (of 20)

Best time in course: 2:05:54

Rank in category: 1(of 4)

Best time in the category: 2:09:01

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Pleß	13.00	58:49	4:31	1	-	2	1:33	13.00	58:49	4:31	1	-	20	
Pleß	5.00	18:16	3:39	1	-	2	0:35	18.00	1:17:05	4:16	1	-	20	
Kilianskuppe	8.00	38:41	4:50	1	-	2	0:13	26.00	1:55:46	4:27	1	-	19	
Festplatz	4.26	13:15	3:06	1	-	3	0:46	30.26	2:09:01	4:15	1	-	2	3:07