



7. Breitunger Pleßlauf
Breitungen / 22.08.2010

Detailed evaluation

Arnold, Ralf

Club: SV 1907 Hümpfershausen
Number: 389

Course: 21.10 km
Halbmarathon

Category:
Männer M45

Total time: 2:10:15

Speed: 9.67 km/h
Running performance: 6:10 min/km

Rank in course/Total: 70 (of 88)

Rank in course/Men: 63 (of 79)

Best time in course: 1:22:00

Rank in category: 13(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	1:23:01	6:23	11	21:15	56	29:09	13.00	1:23:01	6:23	8	4:45	37	3:43
Festplatz	8.10	47:14	5:49	13	17:11	66	20:08	21.10	2:10:15	6:10	13	38:26	64	1:05:49