



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: 9.72 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 |