



7. Breitunger Pleßlauf
Breitungen / 22.08.2010

Detailed evaluation

Koske, Christian

Club: Niedergrunstedt
Number: 378

Course: 21.10 km
Halbmarathon

Category:
Männer M60

Total time: 2:13:55

Speed: 9.45 km/h
Running performance: 6:21 min/km

Rank in course/Total: 72 (of 88)

Rank in course/Men: 65 (of 79)

Best time in course: 1:22:00

Rank in category: 1(of 1)

Best time in the category: 2:13:55

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	1:29:59	6:55	1	-	69	36:07	13.00	1:29:59	6:55	1	-	35	10:41
Festplatz	8.10	43:56	5:25	1	-	63	16:50	21.10	2:13:55	6:20	1	-	66	1:09:29