



7. Breitunger Pleßlauf  
Breitungen / 22.08.2010

Detailed evaluation

Rahner, Johannes

Club: SC Neuenstein  
Number: 905

Course: 30.26 km  
30 km-Lauf

Category:  
Männer M40

Total time: 2:18:49

Speed: 12.97 km/h  
Running performance: 4:35 min/km

Rank in course/Total: 3 (of 25)

Rank in course/Men: 3 (of 20)

Best time in course: 2:05:54

Rank in category: 1(of 2)

Best time in the category: 2:18:49

Intermediate times

Stage score

Total ranking

| Control      | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|--------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|              |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Pleß         | 13.00       | 1:06:29       | 5:06            | 1           | -              | 4           | 9:13          | 13.00         | 1:06:29       | 5:06            | 1           | -              | 19         |               |
| Pleß         | 5.00        | 20:25         | 4:05            | 1           | -              | 4           | 2:44          | 18.00         | 1:26:54       | 4:49            | 1           | -              | 19         |               |
| Kilianskuppe | 8.00        | 38:51         | 4:51            | 1           | -              | 3           | 0:23          | 26.00         | 2:05:45       | 4:50            | 1           | -              | 18         |               |
| Festplatz    | 4.26        | 13:04         | 3:04            | 1           | -              | 2           | 0:35          | 30.26         | 2:18:49       | 4:35            | 1           | -              | 3          | 12:55         |