



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: 13.08 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 km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind 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