



7. Breitunger Pleßlauf
Breitungen / 22.08.2010

Detailed evaluation

Heiderich, Ronald

Number: 320

Course: 21.10 km
Halbmarathon

Category:
Männer M45

Total time: 2:20:15

Speed: 8.98 km/h

Running performance: 6:39 min/km

Rank in course/Total: 79 (of 88)

Rank in course/Men: 71 (of 79)

Best time in course: 1:22:00

Rank in category: 16(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	1:31:50	7:03	16	30:04	73	37:58	13.00	1:31:50	7:03	5	13:34	29	12:32
Festplatz	8.10	48:25	5:58	15	18:22	70	21:19	21.10	2:20:15	6:38	16	48:26	72	1:15:49