



7. Breitunger Pleßlauf
Breitungen / 22.08.2010

Detailed evaluation

Quarre, Sierd

Club: Meininger Theater
Number: 345

Course: 21.10 km
Halbmarathon

Category:
Männer M45

Total time: 2:29:46

Speed: 8.45 km/h
Running performance: 7:06 min/km

Rank in course/Total: 85 (of 88)

Rank in course/Men: 76 (of 79)

Best time in course: 1:22:00

Rank in category: 18(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	1:35:45	7:21	18	33:59	75	41:53	13.00	1:35:45	7:21	3	17:29	24	16:27
Festplatz	8.10	54:01	6:40	19	23:58	76	26:55	21.10	2:29:46	7:05	18	57:57	77	1:25:20