



7. Breitunger Pleßlauf
Breitungen / 22.08.2010

Detailed evaluation

Diele, Horst

Club: MT Melsungen
Number: 366

Course: 21.10 km
Halbmarathon

Category:
Männer M70

Total time: 2:30:21

Speed: 8.42 km/h
Running performance: 7:08 min/km

Rank in course/Total: 86 (of 88)

Rank in course/Men: 77 (of 79)

Best time in course: 1:22:00

Rank in category: 3(of 3)

Best time in the category: 2:08:01

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	1:38:57	7:36	3	13:20	77	45:05	13.00	1:38:57	7:36	3	13:20	23	19:39
Festplatz	8.10	51:24	6:20	3	9:00	73	24:18	21.10	2:30:21	7:07	3	22:20	78	1:25:55