



7. Breitunger Pleßlauf  
Breitungen / 22.08.2010

Detailed evaluation

Weißbrod, Uwe

Club: SC Impuls Erfurt  
Number: 909

Course: 30.26 km  
30 km-Lauf

Category:  
Männer M50

Total time: 2:30:34

Speed: 11.95 km/h  
Running performance: 4:59 min/km

Rank in course/Total: 5 (of 25)

Rank in course/Men: 5 (of 20)

Best time in course: 2:05:54

Rank in category: 1(of 1)

Best time in the category: 2:30:34

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Pleß	13.00	1:06:57	5:09	1	-	6	9:41	13.00	1:06:57	5:09	1	-	17	
Pleß	5.00	21:27	4:17	1	-	6	3:46	18.00	1:28:24	4:54	1	-	17	
Kilianskuppe	8.00	47:11	5:53	1	-	5	8:43	26.00	2:15:35	5:12	1	-	16	
Festplatz	4.26	14:59	3:31	1	-	5	2:30	30.26	2:30:34	4:58	1	-	5	24:40