



7. Breitunger Pleßlauf

Breitungen / 22.08.2010

Detailed evaluation

Mitkov, Michael

Club: TV Hersfeld

Number: 904

Course: 30.26 km

30 km-Lauf

Category:

Männer M35

Total time: 2:32:18

Speed: 11.82 km/h

Running performance: 5:02 min/km

Rank in course/Total: 6 (of 25)

Rank in course/Men: 6 (of 20)

Best time in course: 2:05:54

Rank in category: 2(of 4)

Best time in the category: 2:09:01

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	1:06:45	5:08	2	7:56	5	9:29	13.00	1:06:45	5:08	2	7:56	16	
Pleß	5.00	21:36	4:19	2	3:20	7	3:55	18.00	1:28:21	4:54	2	11:16	16	
Kilianskuppe	8.00	47:16	5:54	2	8:35	6	8:48	26.00	2:15:37	5:12	2	19:51	15	
Festplatz	4.26	16:41	3:54	2	3:26	8	4:12	30.26	2:32:18	5:01	2	23:17	6	26:24