



7. Breitunger Pleßlauf
Breitungen / 22.08.2010

Detailed evaluation

Biskamp, Stephan

Club: Philippsthaler Landgrafen
Number: 907

Course: 30.26 km
30 km-Lauf

Category:
Männer M45

Total time: 2:37:16

Speed: 11.54 km/h
Running performance: 5:12 min/km

Rank in course/Total: 8 (of 25)

Rank in course/Men: 7 (of 20)

Best time in course: 2:05:54

Rank in category: 1(of 5)

Best time in the category: 2:37:16

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	1:10:15	5:24	1	-	8	12:59	13.00	1:10:15	5:24	1	-	14	
Pleß	5.00	22:14	4:26	1	-	8	4:33	18.00	1:32:29	5:08	1	-	14	
Kilianskuppe	8.00	48:29	6:03	1	-	7	10:01	26.00	2:20:58	5:25	1	-	14	
Festplatz	4.26	16:18	3:49	1	-	7	3:49	30.26	2:37:16	5:11	1	-	8	31:22