



7. Breitunger Pleßlauf  
Breitungen / 22.08.2010

Detailed evaluation

Herting, Falko

Club: RSV Meßingen  
Number: 930

Course: 30.26 km  
30 km-Lauf

Category:  
Männer M45

Total time: 2:43:39

Speed: 11.09 km/h  
Running performance: 5:25 min/km

Rank in course/Total: 9 (of 25)

Rank in course/Men: 8 (of 20)

Best time in course: 2:05:54

Rank in category: 2(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	1:12:56	5:36	2	2:41	10	15:40	13.00	1:12:56	5:36	2	2:41	13	1:05
Pleß	5.00	23:27	4:41	2	1:13	11	5:46	18.00	1:36:23	5:21	2	3:54	13	1:25
Kilianskuppe	8.00	49:58	6:14	2	1:29	8	11:30	26.00	2:26:21	5:37	2	5:23	13	
Festplatz	4.26	17:18	4:03	2	1:00	11	4:49	30.26	2:43:39	5:24	2	6:23	9	37:45