



7. Breitunger Pleßlauf
Breitungen / 22.08.2010

Detailed evaluation

Brachmann, Kurt

Club: Das Meininger Theater
Number: 915

Course: 30.26 km
30 km-Lauf

Category:
Männer M55

Total time: 2:45:09

Speed: 10.90 km/h
Running performance: 5:28 min/km

Rank in course/Total: 10 (of 25)

Rank in course/Men: 9 (of 20)

Best time in course: 2:05:54

Rank in category: 2(of 3)

Best time in the category: 2:19:24

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	1:14:22	5:43	2	10:26	12	17:06	13.00	1:14:22	5:43	2	10:26	12	2:31
Pleß	5.00	23:39	4:43	2	3:39	12	5:58	18.00	1:38:01	5:26	2	14:05	12	3:03
Kilianskuppe	8.00	50:17	6:17	2	9:12	9	11:49	26.00	2:28:18	5:42	2	23:17	12	
Festplatz	4.26	16:51	3:57	2	2:28	9	4:22	30.26	2:45:09	5:27	2	25:45	10	39:15