



7. Breitunger Pleßlauf
Breitungen / 22.08.2010

Detailed evaluation

Kirsch, Rene

Club: Team Erdinger Alkoholfrei
Number: 902

Course: 30.26 km
30 km-Lauf

Category:
Männer M30

Total time: 2:51:04

Speed: 10.61 km/h
Running performance: 5:39 min/km

Rank in course/Total: 13 (of 25)

Rank in course/Men: 11 (of 20)

Best time in course: 2:05:54

Rank in category: 1(of 2)

Best time in the category: 2:51:04

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Pleß	13.00	1:15:40	5:49	1	-	13	18:24	13.00	1:15:40	5:49	1	-	10	3:49
Pleß	5.00	23:05	4:36	1	-	9	5:24	18.00	1:38:45	5:29	1	-	10	3:47
Kilianskuppe	8.00	54:24	6:47	1	-	14	15:56	26.00	2:33:09	5:53	1	-	10	4:32
Festplatz	4.26	17:55	4:12	1	-	12	5:26	30.26	2:51:04	5:39	1	-	12	45:10