



7. Breitunger Pleßlauf
Breitungen / 22.08.2010

Detailed evaluation

Stücker, Dieter

Club: TSV Ostheim
Number: 937

Course: 30.26 km
30 km-Lauf

Category:
Männer M40

Total time: 2:52:47

Speed: 10.42 km/h
Running performance: 5:43 min/km

Rank in course/Total: 15 (of 25)

Rank in course/Men: 13 (of 20)

Best time in course: 2:05:54

Rank in category: 2(of 2)

Best time in the category: 2:18:49

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	1:08:24	5:15	2	1:55	7	11:08	13.00	1:08:24	5:15	2	1:55	8	
Pleß	5.00	21:15	4:15	2	0:50	5	3:34	18.00	1:29:39	4:58	2	2:45	8	
Kilianskuppe	8.00	1:07:59	8:29	2	29:08	19	29:31	26.00	2:37:38	6:03	2	31:53	8	9:01
Festplatz	4.26	15:09	3:33	2	2:05	6	2:40	30.26	2:52:47	5:42	2	33:58	14	46:53