



7. Breitunger Pleßlauf
Breitungen / 22.08.2010

Detailed evaluation

Hollandt, Stephan

Club: Floh-Seligenthal
Number: 927

Course: 30.26 km
30 km-Lauf

Category:
Männer M45

Total time: 2:54:19

Speed: 10.33 km/h
Running performance: 5:46 min/km

Rank in course/Total: 16 (of 25)

Rank in course/Men: 14 (of 20)

Best time in course: 2:05:54

Rank in category: 3(of 5)

Best time in the category: 2:37:16

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Pleß	13.00	1:18:53	6:04	4	8:38	15	21:37	13.00	1:18:53	6:04	3	8:38	7	7:02
Pleß	5.00	25:20	5:03	4	3:06	16	7:39	18.00	1:44:13	5:47	3	11:44	7	9:15
Kilianskuppe	8.00	51:24	6:25	3	2:55	10	12:56	26.00	2:35:37	5:59	3	14:39	7	7:00
Festplatz	4.26	18:42	4:23	4	2:24	15	6:13	30.26	2:54:19	5:45	3	17:03	15	48:25