



7. Breitunger Pleßlauf
Breitungen / 22.08.2010

Detailed evaluation

Dietsch, Thomas

Club: Schmalkalder LV
Number: 928

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: 17 (of 25)

Rank in course/Men: 15 (of 20)

Best time in course: 2:05:54

Rank in category: 4(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	1:18:54	6:04	5	8:39	16	21:38	13.00	1:18:54	6:04	4	8:39	6	7:03
Pleß	5.00	25:15	5:02	3	3:01	15	7:34	18.00	1:44:09	5:47	4	11:40	6	9:11
Kilianskuppe	8.00	51:31	6:26	4	3:02	11	13:03	26.00	2:35:40	5:59	4	14:42	6	7:03
Festplatz	4.26	18:39	4:22	3	2:21	14	6:10	30.26	2:54:19	5:45	3	17:03	15	48:25