



7. Breitunger Pleßlauf
Breitungen / 22.08.2010

Detailed evaluation

Liebeskind, Heiko

Club: Fit & Run Weimar
Number: 926

Course: 30.26 km
30 km-Lauf

Category:
Männer M45

Total time: 2:58:49

Speed: 10.07 km/h
Running performance: 5:55 min/km

Rank in course/Total: 18 (of 25)

Rank in course/Men: 16 (of 20)

Best time in course: 2:05:54

Rank in category: 5(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	1:16:10	5:51	3	5:55	14	18:54	13.00	1:16:10	5:51	5	5:55	5	4:19
Pleß	5.00	26:13	5:14	5	3:59	19	8:32	18.00	1:42:23	5:41	5	9:54	5	7:25
Kilianskuppe	8.00	56:21	7:02	5	7:52	17	17:53	26.00	2:38:44	6:06	5	17:46	5	10:07
Festplatz	4.26	20:05	4:42	5	3:47	18	7:36	30.26	2:58:49	5:54	5	21:33	17	52:55