



7. Breitunger Pleßlauf  
Breitungen / 22.08.2010

Detailed evaluation

**Berndt, Roland**

Club: Erfurt  
Number: 910

Course: 30.26 km  
30 km-Lauf

Category:  
Männer M55

Total time: 2:59:07

Speed: 10.14 km/h  
Running performance: 5:55 min/km

Rank in course/Total: 19 (of 25)

Rank in course/Men: 17 (of 20)

Best time in course: 2:05:54

Rank in category: 3(of 3)

Best time in the category: 2:19:24

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	1:21:48	6:17	3	17:52	17	24:32	13.00	1:21:48	6:17	3	17:52	4	9:57
Pleß	5.00	25:31	5:06	3	5:31	17	7:50	18.00	1:47:19	5:57	3	23:23	4	12:21
Kilianskuppe	8.00	53:32	6:41	3	12:27	12	15:04	26.00	2:40:51	6:11	3	35:50	4	12:14
Festplatz	4.26	18:16	4:17	3	3:53	13	5:47	30.26	2:59:07	5:55	3	39:43	18	53:13