



7. Breitunger Pleßlauf
Breitungen / 22.08.2010

Detailed evaluation

reukauf, marcel

Club: Team Erdinger Alkoholfrei
Number: 901

Course: 30.26 km
30 km-Lauf

Category:
Männer M20

Total time: 3:05:49

Speed: 9.77 km/h
Running performance: 6:08 min/km

Rank in course/Total: 22 (of 25)

Rank in course/Men: 18 (of 20)

Best time in course: 2:05:54

Rank in category: 3(of 3)

Best time in the category: 2:05:54

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Pleß	13.00	1:22:56	6:22	3	25:40	19	25:40	13.00	1:22:56	6:22	3	25:40	3	11:05
Pleß	5.00	24:49	4:57	2	7:08	13	7:08	18.00	1:47:45	5:59	3	32:48	3	12:47
Kilianskuppe	8.00	55:57	6:59	3	17:29	16	17:29	26.00	2:43:42	6:17	3	50:17	3	15:05
Festplatz	4.26	22:07	5:11	3	9:38	19	9:38	30.26	3:05:49	6:08	3	59:55	19	59:55