



7. Breitunger Pleßlauf
Breitungen / 22.08.2010

Detailed evaluation

Heise, Ralf

Club: SC Impuls Erfurt
Number: 932

Course: 30.26 km
30 km-Lauf

Category:
Männer M30

Total time: 3:07:07

Speed: 9.70 km/h
Running performance: 6:11 min/km

Rank in course/Total: 23 (of 25)

Rank in course/Men: 19 (of 20)

Best time in course: 2:05:54

Rank in category: 2(of 2)

Best time in the category: 2:51:04

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	1:22:30	6:20	2	6:50	18	25:14	13.00	1:22:30	6:20	2	6:50	2	10:39
Pleß	5.00	26:42	5:20	2	3:37	20	9:01	18.00	1:49:12	6:03	2	10:27	2	14:14
Kilianskuppe	8.00	59:06	7:23	2	4:42	18	20:38	26.00	2:48:18	6:28	2	15:09	2	19:41
Festplatz	4.26	18:49	4:25	2	0:54	16	6:20	30.26	3:07:07	6:11	2	16:03	20	1:01:13