



7. Breitunger Pleßlauf  
Breitungen / 22.08.2010

Detailed evaluation

**Rödiger, Uwe**

Club: Team Mandy  
Number: 229

Course: 10.50 km  
10,5 km-Lauf

Category:  
Männer M40

Total time: 42:48

Speed: 14.02 km/h  
Running performance: 4:05 min/km

Rank in course/Total: 6 (of 138)

Rank in course/Men: 6 (of 100)

Best time in course: 36:38

Rank in category: 2(of 15)

Best time in the category: 42:30