



7. Breitunger Pleßlauf  
Breitungen / 22.08.2010

Detailed evaluation

Rippel, Markus

Club: SV Nomania Treffurt  
Number: 242

Course: 10.50 km  
10,5 km-Lauf

Category:  
Männer M30

Total time: 43:45

Speed: 14.40 km/h  
Running performance: 4:10 min/km

Rank in course/Total: 8 (of 138)

Rank in course/Men: 8 (of 100)

Best time in course: 36:38

Rank in category: 1(of 6)

Best time in the category: 43:45