



5. Breitunger Pleßlauf
Breitungen / 24.08.2008

Detailed evaluation

Abe, Sandy

Club: SV Lauftreff Breitungen e. V.
Number: 641

Course: 21.10 km
Halbmarathon

Category:
Frauen W30

Total time: 1:50:01

Speed: 11.51 km/h
Running performance: 5:13 min/km

Rank in course/Total: 56 (of 112)

Rank in course/Women: 2 (of 15)

Best time in course: 1:43:45

Rank in category: 1(of 1)

Best time in the category: 1:50:01

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Pleß	12.10	1:11:11	5:52	1	-	3	4:28	12.10	1:11:11	5:52	1	-	2	4:28
Friedenskampfbä	9.00	38:50	4:18	1	-	2	1:48	21.10	1:50:01	5:12	1	-	2	6:16