



5. Breitunger Pleßlauf
Breitungen / 24.08.2008

Detailed evaluation

Koch, Heike

Club: TSSC-ERFURT
Number: 630

Course: 21.10 km
Halbmarathon

Category:
Frauen W35

Total time: 1:54:12

Speed: 11.09 km/h
Running performance: 5:25 min/km

Rank in course/Total: 76 (of 112)

Rank in course/Women: 5 (of 15)

Best time in course: 1:43:45

Rank in category: 1(of 2)

Best time in the category: 1:54:12

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Pleß	12.10	1:12:51	6:01	1	-	5	6:08	12.10	1:12:51	6:01	1	-	5	6:08
Friedenskampfbä	9.00	41:21	4:35	1	-	4	4:19	21.10	1:54:12	5:24	1	-	5	10:27