



5. Breitunger Pleßlauf
Breitungen / 24.08.2008

Detailed evaluation

Bierau, Astrid

Club: Immelborn
Number: 790

Course: 21.10 km
Halbmarathon Nordic Walking

Category:
Nordic Walking Frauen

Total time: 3:10:02

Speed: 6.63 km/h

Rank in course/Total: 8 (of 13)

Rank in course/Women: 2 (of 5)

Best time in course: 2:57:11

Rank in category: 2(of 5)

Best time in the category: 2:57:11

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Pleß	12.10	1:55:29	6.23	2	2:22	2	2:22	12.10	1:55:29	6.23	2	2:22	2	2:22
Friedenskampfbä	9.00	1:14:33	7.24	2	10:29	2	10:29	21.10	3:10:02	6.63	2	12:51	2	12:51