



# 6. Breitunger Pleßlauf

Breitungen / 23.08.2009

## Detailed evaluation

Jöck, Ralf

Club: Gutsmuts Rennsteiglaufverein  
Number: 885

Course: 21.10 km  
Halbmarathon

Total time: 1:44:33

Speed: 12.05 km/h

metres in height up: 430  
Course score: 27.45

performance score: 110 Points

## Intermediate times

Control	km Total	km Split	Time of day	Total Time	Split Time
Festplatz	0	0	10:05	00:00	00:00
km	13.5	13.5	11:15	01:10	01:10
Festplatz	21.1	7.6	11:50	01:44	00:34