



6. Breitunger Pleßlauf

Breitungen / 23.08.2009

Detailed evaluation

Weisheit, Nico

Club: Laufersportgruppe Helmers
Number: 875

Course: 21.10 km
Halbmarathon

Total time: 1:50:10

Speed: 11.44 km/h

metres in height up: 430
Course score: 27.45

performance score: 138 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 | 11:19 | 01:14 | 01:14 |
| Festplatz | 21.1 | 7.6 | 11:55 | 01:50 | 00:35 |