



6. Breitunger Pleßlauf Breitungen / 23.08.2009

Detailed evaluation

Vollstädt, Silvio

Club: RSV Meiningen

Number: 433

Course: 29.00 km

29 km-Lauf

Total time: 2:10:05

Speed: 13.38 km/h

metres in height up: 570

Course score: 37.55

performance score: 150 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	11:10	01:04	01:04
km	18.5	5.0	11:29	01:23	00:18
km	26.0	7.5	12:04	01:58	00:35
Festplatz	29.0	3.0	12:15	02:10	00:11