



6. Breitunger Pleßlauf
Breitungen / 23.08.2009

Detailed evaluation

Kaluza, Ralf

Club: Babelsberg 74

Number: 430

Course: 29.00 km

29 km-Lauf

Total time: 2:17:39

Speed: 12.64 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	11:11	01:06	01:06
km	18.5	5.0	11:32	01:26	00:20
km	26.0	7.5	12:11	02:05	00:38
Festplatz	29.0	3.0	12:23	02:17	00:12