



6. Breitunger Pleßlauf

Breitungen / 23.08.2009

Detailed evaluation

Bierau, Astrid

Club: Immelborn
Number: 860

Course: 21.10 km
21 km Nordic Walking

Total time: 3:07:26

Speed: 6.72 km/h

metres in height up: 430
Course score: 27.45

performance score: 186 Points

Intermediate times

Control	km Total	km Split	Time of day	Total Time	Split Time
Festplatz	0	0	09:19	00:00	00:00
km	13.5	13.5	11:20	02:00	02:00
Festplatz	21.1	7.6	12:27	03:07	01:06