



6. Breitunger Pleßlauf

Breitungen / 23.08.2009

Detailed evaluation

Herting, Falko

Club: RSV Meßiningen

Number: 434

Course: 29.00 km

29 km-Lauf

Total time: 2:22:24

Speed: 12.22 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	11:12	01:06	01:06
km	18.5	5.0	11:33	01:28	00:21
km	26.0	7.5	12:14	02:08	00:40
Festplatz	29.0	3.0	12:28	02:22	00:13