



6. Breitunger Pleßlauf

Breitungen / 23.08.2009

Detailed evaluation

Kretzer, Uta

Club: fit&run Weimar
Number: 448

Course: 29.00 km
29 km-Lauf

Total time: 2:29:17

Speed: 11.66 km/h

metres in height up: 570
Course score: 37.55

performance score: 188 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	11:17	01:11	01:11
km	18.5	5.0	11:39	01:33	00:21
km	26.0	7.5	12:21	02:15	00:42
Festplatz	29.0	3.0	12:35	02:29	00:13