



6. Breitunger Pleßlauf

Breitungen / 23.08.2009

Detailed evaluation

Dittmar, Stephan

Club: Schmalkalder LV
Number: 450

Course: 29.00 km
29 km-Lauf

Total time: 2:29:57

Speed: 11.60 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	11:22	01:16	01:16
km	18.5	5.0	11:43	01:38	00:21
km	26.0	7.5	12:22	02:17	00:39
Festplatz	29.0	3.0	12:35	02:29	00:12