



# 6. Breitunger Pleßlauf

Breitungen / 23.08.2009

## Detailed evaluation

Dietsch, Thomas

Club: Schmalkalder LV

Number: 428

Course: 29.00 km

29 km-Lauf

Total time: 2:43:03

Speed: 10.67 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	11:45	01:39	00:23
km	26.0	7.5	12:32	02:26	00:47
Festplatz	29.0	3.0	12:48	02:43	00:16