



6. Breitunger Pleßlauf Breitungen / 23.08.2009

Detailed evaluation

Hartmann-Schmidt, Ronny

Club: VR-Bank-Bad-Salzungen

Number: 435

Course: 29.00 km

29 km-Lauf

Total time: 2:49:11

Speed: 10.28 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	11:25	01:19	01:19
km	18.5	5.0	11:50	01:44	00:24
km	26.0	7.5	12:39	02:33	00:48
Festplatz	29.0	3.0	12:54	02:49	00:15