



## 6. Breitunger Pleßlauf

Breitungen / 23.08.2009

### Detailed evaluation

**Berndt, Roland**

Club: Erfurt  
Number: 445

Course: 29.00 km  
29 km-Lauf

Total time: 2:49:56

Speed: 10.24 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	11:27	01:21	01:21
km	18.5	5.0	11:52	01:46	00:25
km	26.0	7.5	12:40	02:34	00:47
Festplatz	29.0	3.0	12:55	02:49	00:15