



6. Breitunger Pleßlauf

Breitungen / 23.08.2009

Detailed evaluation

Dörmer, Gabi

Club: Fambach

Number: 443

Course: 29.00 km

29 km-Lauf

Total time: 3:11:55

Speed: 9.07 km/h

metres in height up: 570

Course score: 37.55

performance score: 225 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	11:26	01:20	01:20
km	18.5	5.0	11:49	01:43	00:22
km	26.0	7.5	12:55	02:50	01:06
Festplatz	29.0	3.0	13:17	03:11	00:21