



6. Breitunger Pleßlauf

Breitungen / 23.08.2009

Detailed evaluation

Bierau, Ronald

Club: Immelborn

Number: 442

Course: 29.00 km

29 km-Lauf

Total time: 3:31:48

Speed: 8.22 km/h

metres in height up: 570

Course score: 37.55

performance score: 263 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	11:29	01:24	01:24
km	18.5	5.0	11:59	01:53	00:29
km	26.0	7.5	13:16	03:10	01:16
Festplatz	29.0	3.0	13:37	03:31	00:21