



6. Breitunger Pleßlauf

Breitungen / 23.08.2009

Detailed evaluation

Rauch, Benita

Club: Meiningen

Number: 444

Course: 29.00 km

29 km-Lauf

Total time: 3:32:47

Speed: 8.18 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	11:44	01:39	01:39
km	18.5	5.0	12:16	02:11	00:32
km	26.0	7.5	13:23	03:18	01:06
Festplatz	29.0	3.0	13:38	03:32	00:14