



7. Breitunger Pleßlauf
Breitungen / 22.08.2010

Detailed evaluation

Kuhn, Ines

Club: Laufftreff Bad Salzungen
Number: 302

Course: 21.10 km
Halbmarathon

Category:
Frauen W40

Total time: 2:00:42

Speed: 10.49 km/h
Running performance: 5:43 min/km

Rank in course/Total: 54 (of 88)

Rank in course/Women: 4 (of 9)

Best time in course: 1:43:50

Rank in category: 1(of 4)

Best time in the category: 2:00:42

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Pleß	13.00	1:20:57	6:13	1	-	4	10:20	13.00	1:20:57	6:13	1	-	4	10:20
Festplatz	8.10	39:45	4:54	1	-	4	6:32	21.10	2:00:42	5:43	1	-	4	16:52