



7. Breitunger Pleßlauf  
Breitungen / 22.08.2010

Detailed evaluation

Seel, Birgit

Club: Sommerteam Brotterode  
Number: 362

Course: 21.10 km  
Halbmarathon

Category:  
Frauen W40

Total time: 2:09:22

Speed: 9.79 km/h  
Running performance: 6:08 min/km

Rank in course/Total: 68 (of 88)

Rank in course/Women: 7 (of 9)

Best time in course: 1:43:50

Rank in category: 2(of 4)

Best time in the category: 2:00:42

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Pleß	13.00	1:28:33	6:48	2	7:36	7	17:56	13.00	1:28:33	6:48	2	7:36	7	17:56
Festplatz	8.10	40:49	5:02	2	1:04	5	7:36	21.10	2:09:22	6:07	2	8:40	7	25:32