



7. Breitunger Pleßlauf

Breitungen / 22.08.2010

Detailed evaluation

Mehlhorn, Bernd

Club: Lucka
Number: 374

Course: 21.10 km
21 km Nordic Walking

Total time: 2:53:49

Speed: 7.25 km/h

metres in height up: 496
Course score: 28.44

performance score: 208 Points

Intermediate times

Control	km Total	km Split	Time of day	Total Time	Split Time
Festplatz	0	0	09:30	00:00	00:00
Pleß	13.0	13.0	11:21	01:51	01:51
Festplatz	21.1	8.1	12:23	02:53	01:02