



7. Breitunger Pleßlauf
Breitungen / 22.08.2010

Detailed evaluation

Kössel, Sylvia

Club: Thüringer Genussläufer
Number: 331

Course: 21.10 km
Halbmarathon

Category:
Frauen W40

Total time: 2:24:39

Speed: 8.71 km/h
Running performance: 6:52 min/km

Rank in course/Total: 82 (of 88)

Rank in course/Women: 9 (of 9)

Best time in course: 1:43:50

Rank in category: 4(of 4)

Best time in the category: 2:00:42

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	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	1:35:39	7:21	4	14:42	9	25:02	13.00	1:35:39	7:21	4	14:42	9	25:02
Festplatz	8.10	49:00	6:02	4	9:15	9	15:47	21.10	2:24:39	6:51	4	23:57	9	40:49