



7. Breitunger Pleßlauf  
Breitungen / 22.08.2010

Detailed evaluation

Kretzer, Uta

Club: fit&run Weimar  
Number: 920

Course: 30.26 km  
30 km-Lauf

Category:  
Frauen W45

Total time: 2:36:33

Speed: 11.50 km/h  
Running performance: 5:10 min/km

Rank in course/Total: 7 (of 25)

Rank in course/Women: 1 (of 5)

Best time in course: 2:36:33

Rank in category: 1(of 2)

Best time in the category: 2:36:33

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	1:11:46	5:31	1	-	1	-	13.00	1:11:46	5:31	1	-	1	-
Pleß	5.00	21:59	4:23	1	-	1	-	18.00	1:33:45	5:12	1	-	1	-
Kilianskuppe	8.00	46:24	5:47	1	-	1	-	26.00	2:20:09	5:23	1	-	1	-
Festplatz	4.26	16:24	3:50	1	-	2	6:43	30.26	2:36:33	5:10	1	-	1	-