



# 7. Breitunger Pleßlauf

Breitungen / 22.08.2010

## Detailed evaluation

**Adler, Günter**

Club: Moorgrund  
Number: 308

Course: 21.10 km  
21 km Nordic Walking

Total time: 3:20:13

Speed: 6.29 km/h

metres in height up: 496  
Course score: 28.44

performance score: 180 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	11:33	02:03	02:03
Festplatz	21.1	8.1	12:50	03:20	01:16