



7. Breitunger Pleßlauf
Breitungen / 22.08.2010

Detailed evaluation

Bärwolf, Silvia

Club: Lauftreff Breitungen
Number: 912

Course: 30.26 km
30 km-Lauf

Category:
Frauen W45

Total time: 2:50:39

Speed: 10.64 km/h
Running performance: 5:38 min/km

Rank in course/Total: 12 (of 25)

Rank in course/Women: 2 (of 5)

Best time in course: 2:36:33

Rank in category: 2(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	1:17:06	5:55	2	5:20	2	5:20	13.00	1:17:06	5:55	2	5:20	2	5:20
Pleß	5.00	24:15	4:50	2	2:16	2	2:16	18.00	1:41:21	5:37	2	7:36	2	7:36
Kilianskuppe	8.00	51:43	6:27	2	5:19	2	5:19	26.00	2:33:04	5:53	2	12:55	2	12:55
Festplatz	4.26	17:35	4:07	2	1:11	3	7:54	30.26	2:50:39	5:38	2	14:06	2	14:06