



7. Breitunger Pleßlauf

Breitungen / 22.08.2010

Detailed evaluation

Scheidemann, Kathrin

Club: Erfurt
Number: 372

Course: 21.10 km
21 km Nordic Walking

Total time: 3:31:58

Speed: 5.94 km/h

metres in height up: 496
Course score: 28.44

performance score: 170 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	11:45	02:15	02:15
Festplatz	21.1	8.1	13:01	03:31	01:16