



7. Breitunger Pleßlauf  
Breitungen / 22.08.2010

Detailed evaluation

Jurkschat, Uta

Club: Laufgruppe Frauenwald  
Number: 917

Course: 30.26 km  
30 km-Lauf

Category:  
Frauen W40

Total time: 3:03:59

Speed: 9.87 km/h  
Running performance: 6:05 min/km

Rank in course/Total: 20 (of 25)

Rank in course/Women: 3 (of 5)

Best time in course: 2:36:33

Rank in category: 1(of 2)

Best time in the category: 3:03:59

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	1:24:14	6:28	2	0:03	4	12:28	13.00	1:24:14	6:28	1	-	3	12:28
Pleß	5.00	26:51	5:22	1	-	3	4:52	18.00	1:51:05	6:10	1	-	3	17:20
Kilianskuppe	8.00	54:04	6:45	2	0:04	4	7:40	26.00	2:45:09	6:21	1	-	3	25:00
Festplatz	4.26	18:50	4:25	1	-	4	9:09	30.26	3:03:59	6:04	1	-	3	27:26