



7. Breitunger Pleßlauf
Breitungen / 22.08.2010

Detailed evaluation

Probst, Christine

Club: Dolmar Hoppers Christes
Number: 933

Course: 30.26 km
30 km-Lauf

Category:
Frauen W40

Total time: 3:03:59

Speed: 9.78 km/h
Running performance: 6:05 min/km

Rank in course/Total: 21 (of 25)

Rank in course/Women: 4 (of 5)

Best time in course: 2:36:33

Rank in category: 2(of 2)

Best time in the category: 3:03:59

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	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	1:24:11	6:28	1	-	3	12:25	13.00	1:24:11	6:28	2	-	4	12:25
Pleß	5.00	26:56	5:23	2	0:05	4	4:57	18.00	1:51:07	6:10	2	0:02	4	17:22
Kilianskuppe	8.00	54:00	6:45	1	-	3	7:36	26.00	2:45:07	6:21	2	-	4	24:58
Festplatz	4.26	18:52	4:25	2	0:02	5	9:11	30.26	3:03:59	6:04	1	-	3	27:26