



7. Breitunger Pleßlauf  
Breitungen / 22.08.2010

Detailed evaluation

stahl, christiana

Club: Team Erdinger Alkoholfrei  
Number: 911

Course: 30.26 km  
30 km-Lauf

Category:  
Frauen W20

Total time: 3:33:31

Speed: 8.50 km/h  
Running performance: 7:04 min/km

Rank in course/Total: 24 (of 25)

Rank in course/Women: 5 (of 5)

Best time in course: 2:36:33

Rank in category: 1(of 1)

Best time in the category: 3:33:31

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Pleß	13.00	1:38:26	7:34	1	-	5	26:40	13.00	1:38:26	7:34	1	-	5	26:40
Pleß	5.00	29:38	5:55	1	-	5	7:39	18.00	2:08:04	7:06	1	-	5	34:19
Kilianskuppe	8.00	1:15:46	9:28	1	-	5	29:22	26.00	3:23:50	7:50	1	-	5	1:03:41
Festplatz	4.26	9:41	2:16	1	-	1	-	30.26	3:33:31	7:03	1	-	5	56:58