



7. Breitunger Pleßlauf
Breitungen / 22.08.2010

Detailed evaluation

Ettlinger, Helmut

Club: Reurieth
Number: 925

Course: 30.26 km
30 km Nordic Walking

Total time: 4:13:34

Speed: 7.16 km/h

metres in height up: 748
Course score: 41.22

performance score: 297 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	11:19	01:49	01:49
Pleß	18.0	5.0	11:55	02:25	00:35
Kilianskuppe	26.0	8.0	13:14	03:44	01:19
Festplatz	30.3	4.3	13:43	04:13	00:29