



# 7. Breitunger Pleßlauf

Breitungen / 22.08.2010

## Detailed evaluation

**Rischow, Sabine**

Club: Team Erdinger Alkoholfrei  
Number: 913

Course: 30.26 km  
30 km Nordic Walking

Total time: 4:25:16

Speed: 6.79 km/h

metres in height up: 748  
Course score: 41.22

performance score: 284 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	11:26	01:56	01:56
Pleß	18.0	5.0	12:04	02:34	00:37
Kilianskuppe	26.0	8.0	13:26	03:56	01:21
Festplatz	30.3	4.3	13:55	04:25	00:29