



7. Breitunger Pleßlauf

Breitungen / 22.08.2010

Detailed evaluation

Färber, Detlef

Club: Bocka
Number: 923

Course: 30.26 km
30 km Nordic Walking

Total time: 4:39:40

Speed: 6.44 km/h

metres in height up: 748
Course score: 41.22

performance score: 269 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	11:34	02:04	02:04
Pleß	18.0	5.0	12:14	02:44	00:39
Kilianskuppe	26.0	8.0	13:37	04:07	01:22
Festplatz	30.3	4.3	14:09	04:39	00:32