



7. Breitunger Pleßlauf  
Breitungen / 22.08.2010

Detailed evaluation

Esche, Karsten

Club: LSV Lok Arnstadt  
Number: 153

Course: 10.50 km  
10 km Nordic Walking

Total time: 1:20:35

Speed: 7.45 km/h

metres in height up: 254  
Course score: 13.81

performance score: 112 Points