



36. GutsMuths Rennsteiglauf

Schnepfenthal - Oberhof / 17.05.2008

Detailed evaluation

Heck, Matthias

Club: NAK

Number: 46454

Course: 36.60 km

Wandern/ Walking/ Nordic-Walking (W35)

Total time: 4:38:23

Speed: 7.76 km/h

metres in height up: 816

Course score: 48.24

performance score: 371 Points

Intermediate times

| Control | km Total | km Split | Time of day | Total Time | Split Time |
|----------------------|----------|----------|-------------|------------|------------|
| Schnepfenthal | 0 | 0 | 07:04 | 00:00 | 00:00 |
| Schmidts Wiese | 10.4 | 10.4 | 08:33 | 01:29 | 01:29 |
| Possenröder Kreuz | 14.7 | 4.3 | 09:02 | 01:58 | 00:29 |
| Ebertswiese | 18.5 | 3.8 | 09:28 | 02:24 | 00:26 |
| Neue Ausspanne | 21.3 | 2.8 | 09:55 | 02:51 | 00:26 |
| Neuhöfer Wiese | 25.8 | 4.5 | 10:30 | 03:26 | 00:35 |
| Gustav-Freytag-Stein | 33.0 | 7.2 | 11:17 | 04:12 | 00:46 |
| Grenzdler | 36.6 | 3.6 | 11:42 | 04:38 | 00:25 |