



Horizontale - 100 km rund um Jena

Jena / 28.05.2010-29.05.2010

Detailed evaluation

Nega, Helmut

Club: Roter Adler

Number: 1063

Course: 35.50 km

35 km Sportwanderung

Total time: 4:58:41

Speed: 7.03 km/h

metres in height up: 500

Course score: 42.50

performance score: 306 Points

Intermediate times

Control	km Total	km Split	Time of day	Total Time	Split Time
Start	0	0	07:30	00:00	00:00
Zöllnitz/Festwiese	8.0	8.0	09:00	01:29	01:29
Sommerlinde	16.5	8.5	10:19	02:49	01:19
USZ	35.5	19.0	12:28	04:58	02:09