



Horizontale - 100 km rund um Jena

Jena / 28.05.2010-29.05.2010

Detailed evaluation

Helk, Sabine

Club: USV Jena

Number: 3072

Course: 35.50 km

35 km Sportwanderung

Total time: 7:17:44

Speed: 4.80 km/h

metres in height up: 500

Course score: 42.50

performance score: 209 Points

Intermediate times

Control	km Total	km Split	Time of day	Total Time	Split Time
Start	0	0	07:41	00:00	00:00
Zöllnitz/Festwiese	8.0	8.0	09:30	01:48	01:48
Sommerlinde	16.5	8.5	11:21	03:39	01:51
USZ	35.5	19.0	14:59	07:17	03:38