



Horizontale - 100 km rund um Jena

Jena / 28.05.2010-29.05.2010

Detailed evaluation

Laska, Frank

Club: Bamberg

Number: 88

Course: 99.50 km

100 km Langstreckenwanderung

Total time: 23:13:44

Speed: 4.26 km/h

metres in height up: 2339

Course score: 134.09

performance score: 576 Points

Intermediate times

| Control | km Total | km Split | Time of day | Total Time | Split Time |
|---------------------|----------|----------|-------------|------------|------------|
| Start | 0 | 0 | 18:02 | 00:00 | 00:00 |
| Zöllnitz/Festwiese | 22.6 | 22.6 | 22:01 | 03:58 | 03:58 |
| Ammerbach/Festwiese | 46.2 | 23.6 | 02:57 | 08:55 | 04:56 |
| Rosental | 68.0 | 21.8 | 07:44 | 13:41 | 04:46 |
| Kunitz | 70.0 | 2.0 | 08:30 | 14:27 | 00:45 |
| Steinkreuz | 84.9 | 14.9 | 13:27 | 19:24 | 04:57 |
| Fürstenbrunnen | 94.2 | 9.3 | 15:48 | 21:45 | 02:21 |
| USZ | 99.5 | 5.3 | 17:16 | 23:13 | 01:28 |