



Horizontale - 100 km rund um Jena

Jena / 28.05.2010-29.05.2010

Detailed evaluation

Heck, Steffen

Club: RK Ubstadt

Number: 582

Course: 99.50 km

100 km Langstreckenwanderung

Total time: 24:03:37

Speed: 4.14 km/h

metres in height up: 2339

Course score: 134.09

performance score: 557 Points

Intermediate times

| Control | km Total | km Split | Time of day | Total Time | Split Time |
|---------------------|----------|----------|-------------|------------|------------|
| Start | 0 | 0 | 18:17 | 00:00 | 00:00 |
| Zöllnitz/Festwiese | 22.6 | 22.6 | 22:22 | 04:04 | 04:04 |
| Ammerbach/Festwiese | 46.2 | 23.6 | 03:10 | 08:52 | 04:47 |
| Rosental | 68.0 | 21.8 | 08:44 | 14:26 | 05:33 |
| Kunitz | 70.0 | 2.0 | 09:34 | 15:16 | 00:50 |
| Steinkreuz | 84.9 | 14.9 | 13:53 | 19:36 | 04:19 |
| Fürstenbrunnen | 94.2 | 9.3 | 16:48 | 22:30 | 02:54 |
| USZ | 99.5 | 5.3 | 18:21 | 24:03 | 01:33 |