



RadTourenFahrt impuls 2010

Erfurt / 22.08.2010

Detailed evaluation

Heißner, Maik

Club: Lauftreff Arnstadt Alteburg

Number: 88

Course: 157.70 km

Tour 4:

Category:

Männer

Total time: 8:26:03

Speed: 18.61 km/h

Running performance: 18,70 min/km

Rank in course: 28 (of 31)

Best time in course: 5:43:26

Rank in category: 27(of 30)

Best time in the category: 5:43:26

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score		Total ranking								
				Pos Cat.	Behind Cat.	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total		
Kontrolle Marlisch	21.90	53:01	2:25	26	7:48	27	7:48	21.90	53:01	2:25	31	1:42	32	5:59
Kontrolle Dröbisc	31.50	1:56:44	3:42	29	43:12	30	43:12	53.40	2:49:45	3:10	31	25:11	32	39:03
Kontrolle Nahwin	36.60	1:57:02	3:11	27	40:52	28	40:52	90.00	4:46:47	3:11	29	1:11:31	30	1:13:50
Kontrolle Stausee	44.10	2:19:13	3:09	25	48:14	26	48:14	134.10	7:06:00	3:10	29	1:33:16	30	1:37:20
Finish	23.60	1:20:03	3:23	27	37:39	28	37:39	157.70	8:26:03	3:12	29	2:42:37	30	2:42:37