



3. Via Solutions Wartburg Staffellauf

Vom Pumpälzsteg zur Wartburg und zurück / 18.09.2010

Detailed evaluation

Asklepios Medical Fitness

Club: Asklepios Medical Fitness

Number: 14

Course: 54.40 km

Nordic Walking Frauen

Category:

Staffel

Total time: 8:27:11

Speed: 6.39 km/h

Running performance: 9:19 min/km

Rank in course/Total: 3 (of 3)

Rank in course/Total: 3 (of 3)

Best time in course: 7:16:29

Rank in category: 3(of 3)

Best time in the category: 7:16:29

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total
Pumpälzsteg	11.20	1:38:04	8:45	3	6:07	3	6:07	11.20	1:38:04	8:45	4	2:55	4	2:55
Hubertushaus	10.80	1:53:00	10:27	3	35:00	3	35:00	22.00	3:31:04	9:35	4	37:55	4	37:55
Wartburg	10.80	1:48:24	10:02	3	23:17	3	23:17	32.80	5:19:28	9:44	4	1:01:12	4	1:01:12
Hubertushaus	10.80	1:36:00	8:53	3	12:28	3	12:28	43.60	6:55:28	9:31	4	1:13:40	4	1:13:40
Finish	10.80	1:31:43	8:29	2	3:44	2	3:44	54.40	8:27:11	9:19	3	1:10:42	3	1:10:42