



### 3. Schiller-Staffel-Lauf

Rudolstadt / 20.08.2011

#### Detailed evaluation

X-Runners

Number: 29

Course: 105.50 km

Schiller-Staffel

Category:

Männer

Total time: 7:47:31

Speed: 13.48 km/h

Running performance: 4:26 min/km

Rank in course: 2 (of 37)

Best time in course: 7:18:37

Rank in category: 2(of 23)

Best time in the category: 7:18:37

| Intermediate times |          |            |              | Stage score |             |           |              | Total ranking |            |              |          |             |           |              |
|--------------------|----------|------------|--------------|-------------|-------------|-----------|--------------|---------------|------------|--------------|----------|-------------|-----------|--------------|
| Control            | Split km | Split Time | Split min/km | Pos Cat.    | Behind Cat. | Pos Total | Behind Total | Total km      | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Total | Behind Total |
| Schauenforst       | 17.00    | 1:19:09    | 4:39         | 3           | 6:59        | 3         | 6:59         | 17.00         | 1:19:09    | 4:39         | 23       |             | 21        |              |
| Maua               | 22.40    | 1:45:17    | 4:42         | 6           | 17:05       | 7         | 17:05        | 39.40         | 3:04:26    | 4:40         | 23       |             | 21        |              |
| Magdala            | 13.50    | 56:17      | 4:10         | 3           | 3:36        | 3         | 3:36         | 52.90         | 4:00:43    | 4:33         | 23       |             | 21        |              |
| Belvedere          | 11.10    | 49:02      | 4:25         | 4           | 6:27        | 4         | 6:27         | 64.00         | 4:49:45    | 4:31         | 23       |             | 21        |              |
| Blankenhain        | 15.40    | 1:10:52    | 4:36         | 3           | 6:01        | 3         | 6:01         | 79.40         | 6:00:37    | 4:32         | 23       |             | 21        |              |
| Luisenturm         | 16.20    | 1:10:26    | 4:20         | 2           | 4:57        | 2         | 4:57         | 95.60         | 7:11:03    | 4:30         | 23       |             | 21        |              |
| Rudolstadt         | 9.90     | 36:28      | 3:41         | 1           | -           | 1         | -            | 105.50        | 7:47:31    | 4:25         | 2        | 28:54       | 2         | 28:54        |