



### 3. Schiller-Staffel-Lauf

Rudolstadt / 20.08.2011

#### Detailed evaluation

Kreissparkasse-Mixed it up

Number: 25

Course: 105.50 km

Schiller-Staffel

Category:

Mixed

Total time: 10:13:07

Speed: 10.32 km/h

Running performance: 5:49 min/km

Rank in course: 27 (of 37)

Best time in course: 7:18:37

Rank in category: 7(of 10)

Best time in the category: 8:21:47

| Control      | Intermediate times |            |              |          |             | Stage score |              |          |            | Total ranking |          |             |           |              |  |
|--------------|--------------------|------------|--------------|----------|-------------|-------------|--------------|----------|------------|---------------|----------|-------------|-----------|--------------|--|
|              | 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              | 1:28:48    | 5:13         | 2        | 0:22        | 11          | 16:38        | 17.00    | 1:28:48    | 5:13          | 8        |             |           | 13           |  |
| Maua         | 22.40              | 1:59:14    | 5:19         | 7        | 25:58       | 23          | 31:02        | 39.40    | 3:28:02    | 5:16          | 8        | 25:47       |           | 13           |  |
| Magdala      | 13.50              | 1:08:40    | 5:05         | 5        | 6:45        | 16          | 15:59        | 52.90    | 4:36:42    | 5:13          | 8        | 29:02       |           | 13           |  |
| Belvedere    | 11.10              | 1:04:42    | 5:49         | 5        | 11:05       | 24          | 22:07        | 64.00    | 5:41:24    | 5:20          | 8        | 40:07       |           | 13           |  |
| Blankenhain  | 15.40              | 1:42:05    | 6:37         | 8        | 27:24       | 32          | 37:14        | 79.40    | 7:23:29    | 5:35          | 8        | 1:07:31     |           | 13           |  |
| Luisenturm   | 16.20              | 1:42:40    | 6:20         | 10       | 30:08       | 34          | 37:11        | 95.60    | 9:06:09    | 5:42          | 8        | 1:37:39     |           | 13           |  |
| Rudolstadt   | 9.90               | 1:06:58    | 6:45         | 8        | 24:03       | 34          | 30:30        | 105.50   | 10:13:07   | 5:48          | 7        | 1:51:20     | 28        | 2:54:30      |  |