



3. Schiller-Staffel-Lauf

Rudolstadt / 20.08.2011

Detailed evaluation

fit&run Irrläufer

Number: 27

Course: 105.50 km
Schiller-Staffel

Category:
Männer

Total time: 8:37:18

Speed: 12.18 km/h

Running performance: 4:54 min/km

Rank in course: 7 (of 37)

Best time in course: 7:18:37

Rank in category: 6(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	1:27:28	5:08	9	15:18	9	15:18	17.00	1:27:28	5:08	18		27	
Maua	22.40	1:47:22	4:47	8	19:10	9	19:10	39.40	3:14:50	4:56	18		27	
Magdala	13.50	1:03:34	4:42	7	10:53	9	10:53	52.90	4:18:24	4:53	18		27	
Belvedere	11.10	53:32	4:49	5	10:57	5	10:57	64.00	5:11:56	4:52	18		27	
Blankenhain	15.40	1:19:34	5:09	8	14:43	10	14:43	79.40	6:31:30	4:55	18		27	
Luisenturm	16.20	1:15:49	4:40	4	10:20	5	10:20	95.60	7:47:19	4:53	18		27	
Rudolstadt	9.90	49:59	5:02	8	13:31	10	13:31	105.50	8:37:18	4:54	7	1:18:41	8	1:18:41