



9. Via Solutions Staffellauf
Moorgrund Pummpälzsteg / 18.09.2016

Detailed evaluation

Free Runner

Club: Free Runner
Number: 55

Course: 31.90 km

VIA SOLUTION Rennsteig-Staffel-Lauf (6x5 km)

Category:

Männerstaffel Lauf

Total time: 3:21:26

Speed: 9.50 km/h

Running performance: 6:19 min/km

Rank in course/Total: 4 (of 5)

Rank in course/Men: 2 (of 2)

Best time in course: 3:13:24

Rank in category: 2(of 2)

Best time in the category: 3:13:24

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Frankenstein	5.45	29:36	5:25	2	4:41	2	4:41	5.45	29:36	5:25	2	4:41	2	4:41	
Kulturscheune	5.45	32:25	5:56	1	-	1	-	10.90	1:02:01	5:41	2	2:10	2	2:10	
Kissel	5.30	39:59	7:32	2	3:36	2	3:36	16.20	1:42:00	6:17	2	5:46	2	5:46	
Hubertushaus	5.20	33:53	6:30	1	-	1	-	21.40	2:15:53	6:20	2	5:36	2	5:36	
Kissel	5.20	34:33	6:38	1	-	1	-	26.60	2:50:26	6:24	2	2:07	2	2:07	
Gumpelstadt	5.30	31:00	5:50	2	5:55	2	5:55	31.90	3:21:26	6:18	2	8:02	2	8:02	