



Thüringer Ranglistenlauf Langstrecke

Erfurt / 21.10.2018

Detalizēti rezultāti

Kirsten, Manuel

Klubs: HMG

Kopējais laiks: 45:45

Skrējiena izpildījums: 11:09 min/km

Posms: 4.10 km / 15 Controls

Grupa:

H-16

Vieta grupā: 3(no 3)

Grupas labākais laiks: 33:00

Starpība: 12:45

Vidējie laiki

| Controls | Posma Laiks | Vieta grupā | iztrūkums grupā | iztrūkums % | Kopā Laiks | Vieta grupā | iztrūkums grupā | iztrūkums % |
|----------|----------------|----------------|--------------------|----------------|---------------|----------------|--------------------|----------------|
| 1 (41) | 2:01 | 3 | 0:28 | 30.1 | 2:01 | 3 | 0:28 | 30.1 |
| 2 (70) | 2:21 | 3 | 0:59 | 72.0 | 4:22 | 3 | 1:26 | 48.9 |
| 3 (52) | 1:56 | 2 | 0:35 | 43.2 | 6:18 | 3 | 2:00 | 46.5 |
| 4 (43) | 2:00 | 3 | 0:30 | 33.3 | 8:18 | 3 | 2:30 | 43.1 |
| 5 (38) | 4:45 | 3 | 4:45 | - | 13:03 | 3 | 13:03 | - |
| 6 (34) | 2:13 | 2 | 1:00 | 82.2 | 15:16 | 3 | 4:21 | 39.9 |
| 7 (70) | 3:28 | 3 | 0:37 | 21.6 | 18:44 | 3 | 4:58 | 36.1 |
| 8 (208) | 3:13 | 3 | 3:13 | - | 21:57 | 3 | 6:11 | 39.2 |
| 9 (51) | 2:33 | 3 | 2:33 | - | 24:30 | 3 | 6:17 | 34.5 |
| 10 (39) | 4:21 | 3 | 1:16 | 41.1 | 28:51 | 3 | 7:33 | 35.5 |
| 11 (57) | 4:17 | 3 | 4:17 | - | 33:08 | 3 | 8:13 | 33.0 |
| 12 (70) | 4:58 | 3 | 1:54 | 62.0 | 38:06 | 3 | 10:05 | 36.0 |
| 13 (35) | 4:08 | 3 | 1:41 | 68.7 | 42:14 | 3 | 11:46 | 38.6 |
| 14 (69) | 1:52 | 3 | 0:22 | 24.4 | 44:06 | 3 | 12:08 | 38.0 |
| 15 (100) | 1:21 | 3 | 0:40 | 97.6 | 45:27 | 3 | 12:48 | 39.2 |
| finišs | 0:18 | 2 | 0:01 | 5.9 | 45:45 | 3 | 12:45 | 38.6 |