



9. Schlänger Pflasterlauf

Schlangen / 28.06.2009

Detailed evaluation

VfL Basketball u16-1.1

Club: VfL Basketball u16-1.1

Number: 23

Course: 9.36 km

Schülerstaffel ab 5. Klasse

Category:

Schülerstaffel ab 5. Klasse

Total time: 39:44

Speed: 13.59 km/h

Running performance: 4:15 min/km

Rank in course: 3 (of 16)

Best time in course: 37:10

Rank in category: 3(of 16)

Best time in the category: 37:10

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|--|
| | | | | | | Pos Total | Behind Total | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Total | Behind Total | |
| Lap 1 | 1.56 | 6:06 | 3:54 | 3 | 0:08 | 3 | 0:08 | 1.56 | 6:06 | 3:54 | 3 | | | 3 | |
| Lap 2 | 1.56 | 6:11 | 3:57 | 1 | - | 1 | - | 3.12 | 12:17 | 3:56 | 3 | | | 3 | |
| Lap 3 | 1.56 | 7:10 | 4:35 | 8 | 0:59 | 8 | 0:59 | 4.68 | 19:27 | 4:09 | 3 | 0:42 | 3 | 0:42 | |
| Lap 4 | 1.56 | 6:21 | 4:04 | 2 | 0:18 | 2 | 0:18 | 6.24 | 25:48 | 4:08 | 2 | 1:00 | 2 | 1:00 | |
| Lap 5 | 1.56 | 6:25 | 4:06 | 3 | 0:13 | 3 | 0:13 | 7.80 | 32:13 | 4:07 | 3 | 1:10 | 3 | 1:10 | |
| Last lap Finish | 1.56 | 7:31 | 4:49 | 11 | 1:38 | 11 | 1:38 | 9.36 | 39:44 | 4:14 | 3 | 2:34 | 3 | 2:34 | |