



9. Schlänger Pflasterlauf

Schlangen / 28.06.2009

Detailed evaluation

Nankatzu

Club: Nankatzu

Number: 104

Course: 15.60 km

Erwachsenenstaffel

Category:

Erwachsenenstaffel

Total time: 1:00:27

Speed: 14.89 km/h

Running performance: 3:52 min/km

Rank in course: 1 (of 13)

Best time in course: 1:00:27

Rank in category: 1(of 13)

Best time in the category: 1:00:27

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Total	Cat.	Total				Cat.	Total	Cat.	Total
Lap 1	1.56	5:17	3:23	1	-	1	-	1.56	5:17	3:23	1	-	1	-
Lap 2	1.56	5:23	3:27	1	-	1	-	3.12	10:40	3:25	1	-	1	-
Lap 3	1.56	5:45	3:41	3	0:08	3	0:08	4.68	16:25	3:30	1	-	1	-
Lap 4	1.56	6:50	4:22	8	1:20	8	1:20	6.24	23:15	3:43	1	-	1	-
Lap 5	1.56	5:33	3:33	1	-	1	-	7.80	28:48	3:41	1	-	1	-
Lap 6	1.56	6:20	4:03	5	0:27	5	0:27	9.36	35:08	3:45	1	-	1	-
Lap 7	1.56	6:12	3:58	4	0:43	4	0:43	10.92	41:20	3:47	1	-	1	-
Lap 8	1.56	6:32	4:11	5	0:45	5	0:45	12.48	47:52	3:50	1	-	1	-
Lap 9	1.56	5:26	3:28	1	-	1	-	14.04	53:18	3:47	1	-	1	-
Last lap Finish	1.56	7:09	4:34	9	1:16	9	1:16	15.60	1:00:27	3:52	1	-	1	-