



9. Schlänger Pflasterlauf

Schlangen / 28.06.2009

Detailed evaluation

Lauffeuer Paderborn "Der Rest"

Club: Lauffeuer Paderborn "Der Rest"

Number: 109

Course: 15.60 km

Erwachsenenstaffel

Category:

Erwachsenenstaffel

Total time: 1:00:51

Speed: 15.38 km/h

Running performance: 3:54 min/km

Rank in course: 3 (of 13)

Best time in course: 1:00:27

Rank in category: 3(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 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	5:37	3:36	3	0:20	3	0:20	1.56	5:37	3:36	3	0:20	3	0:20	
Lap 2	1.56	6:34	4:12	6	1:11	6	1:11	3.12	12:11	3:54	3	1:31	3	1:31	
Lap 3	1.56	5:41	3:38	2	0:04	2	0:04	4.68	17:52	3:49	3	1:27	3	1:27	
Lap 4	1.56	5:30	3:31	1	-	1	-	6.24	23:22	3:44	3	0:07	3	0:07	
Lap 5	1.56	6:28	4:08	6	0:55	6	0:55	7.80	29:50	3:49	3	1:02	3	1:02	
Lap 6	1.56	5:55	3:47	2	0:02	2	0:02	9.36	35:45	3:49	3	0:37	3	0:37	
Lap 7	1.56	5:29	3:30	1	-	1	-	10.92	41:14	3:46	3		3		
Lap 8	1.56	6:46	4:20	6	0:59	6	0:59	12.48	48:00	3:50	3	0:08	3	0:08	
Lap 9	1.56	5:47	3:42	2	0:21	2	0:21	14.04	53:47	3:49	2	0:29	2	0:29	
Last lap Finish	1.56	7:04	4:31	8	1:11	8	1:11	15.60	1:00:51	3:54	3	0:24	3	0:24	