



9. Schlänger Pflasterlauf

Schlangen / 28.06.2009

Detailed evaluation

Lipper Lauf Team

Club: Lipper Lauf Team

Number: 108

Course: 15.60 km

Erwachsenenstaffel

Category:

Erwachsenenstaffel

Total time: 1:02:00

Speed: 14.52 km/h

Running performance: 3:58 min/km

Rank in course: 4 (of 13)

Best time in course: 1:00:27

Rank in category: 4(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	5:42	3:39	5	0:25	5	0:25	1.56	5:42	3:39	4	0:25	4	0:25	
Lap 2	1.56	5:48	3:43	3	0:25	3	0:25	3.12	11:30	3:41	4	0:50	4	0:50	
Lap 3	1.56	6:16	4:01	5	0:39	5	0:39	4.68	17:46	3:47	4	1:21	4	1:21	
Lap 4	1.56	5:51	3:44	2	0:21	2	0:21	6.24	23:37	3:47	4	0:22	4	0:22	
Lap 5	1.56	6:46	4:20	10	1:13	10	1:13	7.80	30:23	3:53	4	1:35	4	1:35	
Lap 6	1.56	7:06	4:33	11	1:13	11	1:13	9.36	37:29	4:00	4	2:21	4	2:21	
Lap 7	1.56	6:04	3:53	2	0:35	2	0:35	10.92	43:33	3:59	4	2:13	4	2:13	
Lap 8	1.56	6:08	3:55	3	0:21	3	0:21	12.48	49:41	3:58	4	1:49	4	1:49	
Lap 9	1.56	6:08	3:55	4	0:42	4	0:42	14.04	55:49	3:58	3	2:31	3	2:31	
Last lap Finish	1.56	6:11	3:57	2	0:18	2	0:18	15.60	1:02:00	3:58	4	1:33	4	1:33	