



# 9. Schlänger Pflasterlauf

Schlangen / 28.06.2009

## Detailed evaluation

### Lauftreff VfL

Club: Lauftreff VfL

Number: 106

Course: 15.60 km

Erwachsenenstaffel

Category:

Erwachsenenstaffel

Total time: 1:05:22

Speed: 13.77 km/h

Running performance: 4:11 min/km

Rank in course: 6 (of 13)

Best time in course: 1:00:27

Rank in category: 6(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		Pos Cat.	Behind Cat.	Total ranking		
						Pos Total	Behind Total	Total km	Total Time			Total min/km	Pos Total	Behind Total
Lap 1	1.56	6:23	4:05	8	1:06	8	1:06	1.56	6:23	4:05	6	1:06	6	1:06
Lap 2	1.56	6:57	4:27	9	1:34	9	1:34	3.12	13:20	4:16	6	2:40	6	2:40
Lap 3	1.56	6:45	4:19	9	1:08	9	1:08	4.68	20:05	4:17	6	3:40	6	3:40
Lap 4	1.56	7:13	4:37	11	1:43	11	1:43	6.24	27:18	4:22	6	4:03	6	4:03
Lap 5	1.56	6:13	3:59	5	0:40	5	0:40	7.80	33:31	4:17	6	4:43	6	4:43
Lap 6	1.56	6:14	3:59	4	0:21	4	0:21	9.36	39:45	4:14	6	4:37	6	4:37
Lap 7	1.56	7:08	4:34	10	1:39	10	1:39	10.92	46:53	4:17	6	5:33	6	5:33
Lap 8	1.56	5:47	3:42	1	-	1	-	12.48	52:40	4:13	6	4:48	6	4:48
Lap 9	1.56	6:18	4:02	5	0:52	5	0:52	14.04	58:58	4:11	5	5:40	5	5:40
Last lap Finish	1.56	6:24	4:06	4	0:31	4	0:31	15.60	1:05:22	4:11	6	4:55	6	4:55