



# 9. Schlänger Pflasterlauf

Schlangen / 28.06.2009

## Detailed evaluation

### Benser Trio

Club: Benser Trio

Number: 103

Course: 15.60 km

Erwachsenenstaffel

Category:

Erwachsenenstaffel

Total time: 1:07:21

Speed: 13.36 km/h

Running performance: 4:19 min/km

Rank in course: 7 (of 13)

Best time in course: 1:00:27

Rank in category: 7(of 13)

Best time in the category: 1:00:27

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos  |       | Behind |       | Total<br>km | Total<br>Time | Total<br>min/km | Pos  |       | Behind |       |   |
|-----------------|-------------|---------------|-----------------|------|-------|--------|-------|-------------|---------------|-----------------|------|-------|--------|-------|---|
|                 |             |               |                 | Cat. | Total | Cat.   | Total |             |               |                 | Cat. | Total | Cat.   | Total |   |
| Lap 1           | 1.56        | 6:20          | 4:03            | 7    | 7     | 1:03   | 7     | 1:03        | 1.56          | 6:20            | 4:03 | 7     | 7      | 1:03  | 7 |
| Lap 2           | 1.56        | 7:27          | 4:46            | 12   | 12    | 2:04   | 12    | 2:04        | 3.12          | 13:47           | 4:25 | 7     | 7      | 3:07  | 7 |
| Lap 3           | 1.56        | 6:55          | 4:26            | 11   | 11    | 1:18   | 11    | 1:18        | 4.68          | 20:42           | 4:25 | 7     | 7      | 4:17  | 7 |
| Lap 4           | 1.56        | 6:15          | 4:00            | 5    | 5     | 0:45   | 5     | 0:45        | 6.24          | 26:57           | 4:19 | 7     | 7      | 3:42  | 7 |
| Lap 5           | 1.56        | 7:12          | 4:36            | 12   | 12    | 1:39   | 12    | 1:39        | 7.80          | 34:09           | 4:22 | 7     | 7      | 5:21  | 7 |
| Lap 6           | 1.56        | 6:39          | 4:15            | 8    | 8     | 0:46   | 8     | 0:46        | 9.36          | 40:48           | 4:21 | 7     | 7      | 5:40  | 7 |
| Lap 7           | 1.56        | 6:24          | 4:06            | 6    | 6     | 0:55   | 6     | 0:55        | 10.92         | 47:12           | 4:19 | 7     | 7      | 5:52  | 7 |
| Lap 8           | 1.56        | 7:24          | 4:44            | 9    | 9     | 1:37   | 9     | 1:37        | 12.48         | 54:36           | 4:22 | 7     | 7      | 6:44  | 7 |
| Lap 9           | 1.56        | 6:34          | 4:12            | 6    | 6     | 1:08   | 6     | 1:08        | 14.04         | 1:01:10         | 4:21 | 6     | 6      | 7:52  | 6 |
| Last lap Finish | 1.56        | 6:11          | 3:57            | 2    | 2     | 0:18   | 2     | 0:18        | 15.60         | 1:07:21         | 4:19 | 7     | 7      | 6:54  | 7 |