



9. Schlänger Pflasterlauf

Schlangen / 28.06.2009

Detailed evaluation

Run for Help

Club: Run for Help

Number: 110

Course: 15.60 km

Erwachsenenstaffel

Category:

Erwachsenenstaffel

Total time: 1:09:59

Speed: 12.86 km/h

Running performance: 4:29 min/km

Rank in course: 11 (of 13)

Best time in course: 1:00:27

Rank in category: 11(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	6:27	4:08	9	1:10	9	1:10	1.56	6:27	4:08	11	1:10	11	1:10
Lap 2	1.56	7:01	4:29	10	1:38	10	1:38	3.12	13:28	4:18	11	2:48	11	2:48
Lap 3	1.56	6:35	4:13	7	0:58	7	0:58	4.68	20:03	4:17	11	3:38	11	3:38
Lap 4	1.56	7:07	4:33	9	1:37	9	1:37	6.24	27:10	4:21	11	3:55	11	3:55
Lap 5	1.56	6:43	4:18	9	1:10	9	1:10	7.80	33:53	4:20	11	5:05	11	5:05
Lap 6	1.56	7:30	4:48	12	1:37	12	1:37	9.36	41:23	4:25	11	6:15	11	6:15
Lap 7	1.56	6:47	4:20	7	1:18	7	1:18	10.92	48:10	4:24	11	6:50	11	6:50
Lap 8	1.56	7:46	4:58	11	1:59	11	1:59	12.48	55:56	4:28	11	8:04	11	8:04
Lap 9	1.56	7:03	4:31	9	1:37	9	1:37	14.04	1:02:59	4:29	10	9:41	10	9:41
Last lap Finish	1.56	7:00	4:29	6	1:07	6	1:07	15.60	1:09:59	4:29	11	9:32	11	9:32