



9. Schlänger Pflasterlauf

Schlangen / 28.06.2009

Detailed evaluation

Volksbank Schlangen

Club: Volksbank Schlangen

Number: 101

Course: 15.60 km

Erwachsenenstaffel

Category:

Erwachsenenstaffel

Total time: 1:14:38

Speed: 12.54 km/h

Running performance: 4:47 min/km

Rank in course: 12 (of 13)

Best time in course: 1:00:27

Rank in category: 12(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		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Total	Cat.	Total				Cat.	Total	Cat.	Total
Lap 1	1.56	7:41	4:55	12	2:24	12	2:24	1.56	7:41	4:55	12	2:24	12	2:24
Lap 2	1.56	7:04	4:31	11	1:41	11	1:41	3.12	14:45	4:43	12	4:05	12	4:05
Lap 3	1.56	8:11	5:14	12	2:34	12	2:34	4.68	22:56	4:54	12	6:31	12	6:31
Lap 4	1.56	6:03	3:52	3	0:33	3	0:33	6.24	28:59	4:38	12	5:44	12	5:44
Lap 5	1.56	6:33	4:11	8	1:00	8	1:00	7.80	35:32	4:33	12	6:44	12	6:44
Lap 6	1.56	7:33	4:50	13	1:40	13	1:40	9.36	43:05	4:36	12	7:57	12	7:57
Lap 7	1.56	8:33	5:28	12	3:04	12	3:04	10.92	51:38	4:43	12	10:18	12	10:18
Lap 8	1.56	6:51	4:23	7	1:04	7	1:04	12.48	58:29	4:41	12	10:37	12	10:37
Lap 9	1.56	8:10	5:14	11	2:44	11	2:44	14.04	1:06:39	4:44	11	13:21	11	13:21
Last lap Finish	1.56	7:59	5:07	10	2:06	10	2:06	15.60	1:14:38	4:47	12	14:11	12	14:11