



# 9. Schlänger Pflasterlauf

Schlangen / 28.06.2009

## Detailed evaluation

### VfL Basketball u16-1

Club: VfL Basketball u16-1

Number: 17

Course: 9.36 km

Schülerstaffel ab 5. Klasse

Category:

Schülerstaffel ab 5. Klasse

Total time: 43:54

Speed: 12.79 km/h

Running performance: 4:41 min/km

Rank in course: 7 (of 16)

Best time in course: 37:10

Rank in category: 7(of 16)

Best time in the category: 37:10

### Intermediate times

### Stage score

### Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total			Pos	Behind	Pos	Behind
	km	Time			min/km	Cat.		Cat.	Total	Total				
Lap 1	1.56	6:35	4:13	5	0:37	5	0:37	1.56	6:35	4:13	7	0:23	7	0:23
Lap 2	1.56	6:45	4:19	6	0:34	6	0:34	3.12	13:20	4:16	7	0:46	7	0:46
Lap 3	1.56	7:03	4:31	7	0:52	7	0:52	4.68	20:23	4:21	7	1:38	7	1:38
Lap 4	1.56	7:24	4:44	8	1:21	8	1:21	6.24	27:47	4:27	7	2:59	7	2:59
Lap 5	1.56	7:40	4:54	9	1:28	9	1:28	7.80	35:27	4:32	7	4:24	7	4:24
Last lap Finish	1.56	8:27	5:24	14	2:34	14	2:34	9.36	43:54	4:41	7	6:44	7	6:44