



13. Schneekopflauf

Schmiedefeld - Schneekopf / 04.07.2015

Detailed evaluation

Hermann, Maik

Club: Ilmenau

Number: 1

Course: 11.30 km

Schneekopflauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:00:15

Speed: 10.95 km/h

Running performance: 5:20 min/km

Rank in course/Total: 24 (of 122)

Rank in course/Men: 21 (of 99)

Best time in course: 44:06

Rank in category: 4(of 15)

Best time in the category: 51:41

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
tiefster Punkt	0.80	3:40	4:34	7	0:55	48	1:06	0.80	3:40	4:34	7	0:55	48	1:06
oberhalb Alte Trä	5.50	29:31	5:21	5	4:45	29	8:37	6.30	33:11	5:16	5	5:34	30	9:43
Finish	5.00	27:04	5:24	4	3:00	18	6:26	11.30	1:00:15	5:19	4	8:34	21	16:09