



13. Schneekopflauf

Schmiedefeld - Schneekopf / 04.07.2015

Detailed evaluation

Höhn, Kai

Club: Lauffreunde Mörla
Number: 140

Course: 11.30 km
Schneekopflauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 54:26

Speed: 12.12 km/h
Running performance: 4:49 min/km

Rank in course/Total: 13 (of 122)

Rank in course/Men: 13 (of 99)

Best time in course: 44:06

Rank in category: 2(of 11)

Best time in the category: 51:25

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	3:10	3:57	3	0:24	19	0:36	0.80	3:10	3:57	3	0:24	19	0:36
oberhalb Alte Trä	5.50	26:14	4:46	3	2:20	16	5:20	6.30	29:24	4:40	3	2:44	16	5:56
Finish	5.00	25:02	5:00	2	0:17	10	4:24	11.30	54:26	4:49	2	3:01	13	10:20