



13. Schneekopflauf
Schmiedefeld - Schneekopf / 04.07.2015

Detailed evaluation

Gießler, Steffen

Club: Erfurt
Number: 141

Course: 11.30 km
Schneekopflauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:04:25

Speed: 10.25 km/h
Running performance: 5:42 min/km

Rank in course/Total: 44 (of 122)

Rank in course/Men: 41 (of 99)

Best time in course: 44:06

Rank in category: 6(of 12)

Best time in the category: 48:50

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	3:37	4:31	7	0:57	43	1:03	0.80	3:37	4:31	7	0:57	43	1:03
oberhalb Alte Trä	5.50	29:39	5:23	4	6:18	32	8:45	6.30	33:16	5:16	4	7:15	31	9:48
Finish	5.00	31:09	6:13	6	8:20	48	10:31	11.30	1:04:25	5:42	6	15:35	41	20:19