



13. Schneekopflauf

Schmiedefeld - Schneekopf / 04.07.2015

Detailed evaluation

Bärwolf, Silvia

Club: Laufftreff Breitungen

Number: 142

Course: 11.30 km

Schneekopflauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 1:06:00

Speed: 10.00 km/h

Running performance: 5:50 min/km

Rank in course/Total: 55 (of 122)

Rank in course/Women: 4 (of 23)

Best time in course: 56:12

Rank in category: 1(of 3)

Best time in the category: 1:06:00

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
tiefster Punkt	0.80	3:29	4:21	1	-	4	0:25	0.80	3:29	4:21	1	-	4	0:25
oberhalb Alte Trä	5.50	32:14	5:51	1	-	4	5:13	6.30	35:43	5:40	1	-	4	5:38
Finish	5.00	30:17	6:03	1	-	4	4:10	11.30	1:06:00	5:50	1	-	4	9:48