



13. Schneekopflauf

Schmiedefeld - Schneekopf / 04.07.2015

Detailed evaluation

Kerst, Alexander

Club: WalschbergRunners
Number: 18

Course: 11.30 km
Schneekopflauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:02:18

Speed: 10.59 km/h
Running performance: 5:31 min/km

Rank in course/Total: 32 (of 122)

Rank in course/Men: 29 (of 99)

Best time in course: 44:06

Rank in category: 6(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	3:32	4:24	5	0:47	34	0:58	0.80	3:32	4:24	5	0:47	34	0:58
oberhalb Alte Trä	5.50	29:52	5:25	6	5:06	33	8:58	6.30	33:24	5:18	6	5:47	34	9:56
Finish	5.00	28:54	5:46	6	4:50	26	8:16	11.30	1:02:18	5:30	6	10:37	29	18:12