



13. Schneekopflauf

Schmiedefeld - Schneekopf / 04.07.2015

Detailed evaluation

Dehmel, Gerhard

Club: ThwV Ilmenau
Number: 43

Course: 11.30 km
Schneekopflauf

Category:
Senioren M75 (75 und älter)

Total time: 1:22:56

Speed: 7.96 km/h
Running performance: 7:20 min/km

Rank in course/Total: 107 (of 122)

Rank in course/Men: 90 (of 99)

Best time in course: 44:06

Rank in category: 2(of 2)

Best time in the category: 1:21:38

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
tiefster Punkt	0.80	3:51	4:48	1	-	55	1:17	0.80	3:51	4:48	1	-	55	1:17
oberhalb Alte Trä	5.50	39:15	7:08	2	0:56	90	18:21	6.30	43:06	6:50	1	-	88	19:38
Finish	5.00	39:50	7:58	2	1:26	88	19:12	11.30	1:22:56	7:20	2	1:18	90	38:50