



13. Schneekopflauf

Schmiedefeld - Schneekopf / 04.07.2015

Detailed evaluation

Lauterbach, Thomas

Club: SGB Stadtsteinach
Number: 50

Course: 11.30 km
Schneekopflauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 54:40

Speed: 12.07 km/h
Running performance: 4:50 min/km

Rank in course/Total: 15 (of 122)

Rank in course/Men: 15 (of 99)

Best time in course: 44:06

Rank in category: 3(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	3:05	3:51	2	0:19	18	0:31	0.80	3:05	3:51	2	0:19	18	0:31
oberhalb Alte Trä	5.50	25:57	4:43	2	2:03	13	5:03	6.30	29:02	4:36	2	2:22	14	5:34
Finish	5.00	25:38	5:07	3	0:53	15	5:00	11.30	54:40	4:50	3	3:15	15	10:34