



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 |