



# 13. Schneekopflauf

Schmiedefeld - Schneekopf / 04.07.2015

## Detailed evaluation

**Kirchner, Holger**

Club: SV Werra 07 - HBN  
Number: 75

Course: 11.30 km  
Schneekopflauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:04:37

Speed: 10.21 km/h  
Running performance: 5:43 min/km

Rank in course/Total: 45 (of 122)

Rank in course/Men: 42 (of 99)

Best time in course: 44:06

Rank in category: 7(of 12)

Best time in the category: 48:50

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	3:19	4:08	4	0:39	23	0:45	0.80	3:19	4:08	4	0:39	23	0:45
oberhalb Alte Trä	5.50	29:59	5:27	6	6:38	36	9:05	6.30	33:18	5:17	5	7:17	32	9:50
Finish	5.00	31:19	6:15	7	8:30	49	10:41	11.30	1:04:37	5:43	7	15:47	42	20:31