



# 13. Schneekopflauf

Schmiedefeld - Schneekopf / 04.07.2015

## Detailed evaluation

**Sonntag, Sven**

Club: Arnstadt  
Number: 104

Course: 11.30 km  
Schneekopflauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:02:11

Speed: 10.61 km/h  
Running performance: 5:30 min/km

Rank in course/Total: 30 (of 122)

Rank in course/Men: 27 (of 99)

Best time in course: 44:06

Rank in category: 5(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
tiefster Punkt	0.80	3:29	4:21	6	0:43	32	0:55	0.80	3:29	4:21	6	0:43	32	0:55
oberhalb Alte Trä	5.50	29:37	5:23	6	5:43	31	8:43	6.30	33:06	5:15	6	6:26	29	9:38
Finish	5.00	29:05	5:48	5	4:20	28	8:27	11.30	1:02:11	5:30	5	10:46	27	18:05