



13. Schneekopflauf

Schmiedefeld - Schneekopf / 04.07.2015

Detailed evaluation

Rossmann, Hagen

Club: LG Wassersuppe
Number: 110

Course: 11.30 km
Schneekopflauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 51:25

Speed: 12.84 km/h
Running performance: 4:33 min/km

Rank in course/Total: 7 (of 122)

Rank in course/Men: 7 (of 99)

Best time in course: 44:06

Rank in category: 1(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	2:46	3:27	1	-	8	0:12	0.80	2:46	3:27	1	-	8	0:12
oberhalb Alte Trä	5.50	23:54	4:20	1	-	6	3:00	6.30	26:40	4:13	1	-	6	3:12
Finish	5.00	24:45	4:57	1	-	9	4:07	11.30	51:25	4:33	1	-	7	7:19