



13. Schneekopflauf

Schmiedefeld - Schneekopf / 04.07.2015

Detailed evaluation

Koch, Dominik

Club: Rennsteiglaufverein-LG Süd
Number: 111

Course: 11.30 km
Schneekopflauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 48:50

Speed: 13.52 km/h
Running performance: 4:19 min/km

Rank in course/Total: 4 (of 122)

Rank in course/Men: 4 (of 99)

Best time in course: 44:06

Rank in category: 1(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.	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	2:40	3:19	1	-	4	0:06	0.80	2:40	3:19	1	-	4	0:06
oberhalb Alte Trä	5.50	23:21	4:14	1	-	4	2:27	6.30	26:01	4:07	1	-	4	2:33
Finish	5.00	22:49	4:33	1	-	4	2:11	11.30	48:50	4:19	1	-	4	4:44