



13. Schneekopflauf

Schmiedefeld - Schneekopf / 04.07.2015

Detailed evaluation

Scheumann, Lars

Club: Hohe Warte Trail RUN
Number: 115

Course: 11.30 km
Schneekopflauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:09:26

Speed: 9.51 km/h
Running performance: 6:08 min/km

Rank in course/Total: 67 (of 122)

Rank in course/Men: 61 (of 99)

Best time in course: 44:06

Rank in category: 11(of 15)

Best time in the category: 51:41

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	4:13	5:16	14	1:28	78	1:39	0.80	4:13	5:16	14	1:28	78	1:39
oberhalb Alte Trä	5.50	33:30	6:05	12	8:44	63	12:36	6.30	37:43	5:59	12	10:06	65	14:15
Finish	5.00	31:43	6:20	10	7:39	53	11:05	11.30	1:09:26	6:08	11	17:45	61	25:20