



14. Schneekopflauf

Schmiedefeld - Schneekopf / 02.07.2016

Detailed evaluation

Dalbert, Frank

Club: Chaosteam+Run4Fun
Number: 126

Course: 12.70 km
Schneekopflauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:19:51

Speed: 9.02 km/h
Running performance: 6:17 min/km

Rank in course/Total: 170 (of 267)

Rank in course/Men: 157 (of 219)

Best time in course: 47:54

Rank in category: 18(of 29)

Best time in the category: 59:54

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	3:59	4:58	12	1:03	91	1:21	0.80	3:59	4:58	12	1:03	91	1:21
oberhalb Alte Trä	5.50	36:38	6:39	17	9:58	147	15:33	6.30	40:37	6:26	17	11:01	144	16:54
Finish	6.40	39:14	6:07	15	9:07	132	15:03	12.70	1:19:51	6:17	18	19:57	157	31:57