



14. Schneekopflauf

Schmiedefeld - Schneekopf / 02.07.2016

Detailed evaluation

Henkel, Tobias

Club: USV Erfurt

Number: 132

Course: 12.70 km

Schneekopflauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 56:41

Speed: 12.70 km/h

Running performance: 4:28 min/km

Rank in course/Total: 10 (of 267)

Rank in course/Men: 10 (of 219)

Best time in course: 47:54

Rank in category: 4(of 35)

Best time in the category: 49:55

Intermediate times

Stage score

Total ranking

| Control | Split | Split | Split | Pos | Behind | Pos | Behind | Total | Total | Total | Pos | Behind | Pos | Behind |
|-------------------|-------|-------|--------|------|--------|-----|--------|-------|-------|--------|------|--------|-----|--------|
| | km | Time | min/km | Cat. | Cat. | Men | Men | km | Time | min/km | Cat. | Cat. | Men | Men |
| tiefster Punkt | 0.80 | 2:55 | 3:38 | 5 | 0:07 | 9 | 0:17 | 0.80 | 2:55 | 3:38 | 5 | 0:07 | 9 | 0:17 |
| oberhalb Alte Trä | 5.50 | 25:23 | 4:36 | 3 | 0:55 | 8 | 4:18 | 6.30 | 28:18 | 4:29 | 3 | 1:02 | 8 | 4:35 |
| Finish | 6.40 | 28:23 | 4:26 | 3 | 1:22 | 8 | 4:12 | 12.70 | 56:41 | 4:27 | 4 | 6:46 | 10 | 8:47 |