



14. Schneekopflauf

Schmiedefeld - Schneekopf / 02.07.2016

Detailed evaluation

Kästner, Bernd

Club: Bad Langensalza

Number: 137

Course: 12.70 km

Schneekopflauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:22:51

Speed: 8.69 km/h

Running performance: 6:31 min/km

Rank in course/Total: 191 (of 267)

Rank in course/Men: 173 (of 219)

Best time in course: 47:54

Rank in category: 9(of 13)

Best time in the category: 1:04:42

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	4:44	5:54	8	1:29	165	2:06	0.80	4:44	5:54	8	1:29	165	2:06
oberhalb Alte Trä	5.50	37:34	6:49	8	8:38	157	16:29	6.30	42:18	6:42	8	10:07	158	18:35
Finish	6.40	40:33	6:20	7	8:02	146	16:22	12.70	1:22:51	6:31	9	18:09	172	34:57