



14. Schneekopflauf

Schmiedefeld - Schneekopf / 02.07.2016

Detailed evaluation

Lange, Heiko

Club: GutsMuths RSLV

Number: 140

Course: 12.70 km

Schneekopflauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:14:19

Speed: 9.69 km/h

Running performance: 5:51 min/km

Rank in course/Total: 127 (of 267)

Rank in course/Men: 122 (of 219)

Best time in course: 47:54

Rank in category: 22(of 33)

Best time in the category: 59:27

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	4:03	5:03	18	1:06	98	1:25	0.80	4:03	5:03	18	1:06	98	1:25
oberhalb Alte Trä	5.50	33:32	6:05	21	7:23	113	12:27	6.30	37:35	5:57	20	8:18	111	13:52
Finish	6.40	36:44	5:44	18	6:34	101	12:33	12.70	1:14:19	5:51	22	14:52	122	26:25