



14. Schneekopflauf

Schmiedefeld - Schneekopf / 02.07.2016

Detailed evaluation

Lichtenberg, Conny

Club: GröLiWelt

Number: 141

Course: 12.70 km

Schneekopflauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:21:19

Speed: 8.85 km/h

Running performance: 6:24 min/km

Rank in course/Total: 182 (of 267)

Rank in course/Men: 167 (of 219)

Best time in course: 47:54

Rank in category: 20(of 25)

Best time in the category: 54:37

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	4:41	5:51	18	1:53	162	2:03	0.80	4:41	5:51	18	1:53	162	2:03
oberhalb Alte Trä	5.50	36:44	6:40	17	12:10	151	15:39	6.30	41:25	6:34	17	14:03	149	17:42
Finish	6.40	39:54	6:14	15	12:39	141	15:43	12.70	1:21:19	6:24	20	26:42	166	33:25