



14. Schneekopflauf

Schmiedefeld - Schneekopf / 02.07.2016

Detailed evaluation

Kosuch, Dieter

Club: Uetze
Number: 157

Course: 12.70 km
Schneekopflauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:19:35

Speed: 9.05 km/h
Running performance: 6:16 min/km

Rank in course/Total: 165 (of 267)

Rank in course/Men: 152 (of 219)

Best time in course: 47:54

Rank in category: 26(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
tiefster Punkt	0.80	3:56	4:54	14	0:59	85	1:18	0.80	3:56	4:54	14	0:59	85	1:18
oberhalb Alte Trä	5.50	36:26	6:37	26	10:17	145	15:21	6.30	40:22	6:24	25	11:05	141	16:39
Finish	6.40	39:13	6:07	24	9:03	131	15:02	12.70	1:19:35	6:15	26	20:08	152	31:41