



14. Schneekopflauf

Schmiedefeld - Schneekopf / 02.07.2016

Detailed evaluation

Dömming, Olaf

Club: SV-Werra 07
Number: 175

Course: 12.70 km
Schneekopflauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 59:54

Speed: 12.02 km/h
Running performance: 4:43 min/km

Rank in course/Total: 20 (of 267)

Rank in course/Men: 19 (of 219)

Best time in course: 47:54

Rank in category: 1(of 29)

Best time in the category: 59:54

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	2:56	3:39	1	-	10	0:18	0.80	2:56	3:39	1	-	10	0:18
oberhalb Alte Trä	5.50	26:40	4:50	1	-	17	5:35	6.30	29:36	4:41	1	-	16	5:53
Finish	6.40	30:18	4:44	2	0:11	20	6:07	12.70	59:54	4:42	1	-	19	12:00