



# 14. Schneekopflauf

Schmiedefeld - Schneekopf / 02.07.2016

## Detailed evaluation

**Freitag, Roman**

Club: Kath. Laufjugend Arnstadt  
Number: 179

Course: 12.70 km  
Schneekopflauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:03:19

Speed: 11.37 km/h  
Running performance: 4:59 min/km

Rank in course/Total: 37 (of 267)

Rank in course/Men: 36 (of 219)

Best time in course: 47:54

Rank in category: 12(of 35)

Best time in the category: 49:55

### 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	2:59	3:43	7	0:11	15	0:21	0.80	2:59	3:43	7	0:11	15	0:21
oberhalb Alte Trä	5.50	29:04	5:17	14	4:36	38	7:59	6.30	32:03	5:05	11	4:47	33	8:20
Finish	6.40	31:16	4:53	10	4:15	28	7:05	12.70	1:03:19	4:59	12	13:24	36	15:25