



14. Schneekopflauf

Schmiedefeld - Schneekopf / 02.07.2016

Detailed evaluation

Kirchner, Holger

Club: SV Werra 07
Number: 189

Course: 12.70 km
Schneekopflauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:05:03

Speed: 11.07 km/h
Running performance: 5:07 min/km

Rank in course/Total: 46 (of 267)

Rank in course/Men: 43 (of 219)

Best time in course: 47:54

Rank in category: 3(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	3:59	4:58	11	1:11	91	1:21	0.80	3:59	4:58	11	1:11	91	1:21
oberhalb Alte Trä	5.50	29:04	5:17	2	4:30	38	7:59	6.30	33:03	5:14	2	5:41	42	9:20
Finish	6.40	32:00	5:00	2	4:45	35	7:49	12.70	1:05:03	5:07	3	10:26	43	17:09