



14. Schneekopflauf

Schmiedefeld - Schneekopf / 02.07.2016

Detailed evaluation

Sonnhof, Sven

Club: Arnstadt
Number: 201

Course: 12.70 km
Schneekopflauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:08:21

Speed: 11.15 km/h
Running performance: 5:23 min/km

Rank in course/Total: 69 (of 267)

Rank in course/Men: 65 (of 219)

Best time in course: 47:54

Rank in category: 8(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	3:50	4:47	12	0:53	80	1:12	0.80	3:50	4:47	12	0:53	80	1:12
oberhalb Alte Trä	5.50	30:54	5:37	7	4:45	61	9:49	6.30	34:44	5:30	11	5:27	66	11:01
Finish	6.40	33:37	5:15	6	3:27	51	9:26	12.70	1:08:21	5:22	8	8:54	65	20:27