



14. Schneekopflauf
Schmiedefeld - Schneekopf / 02.07.2016

Detailed evaluation

Koch, Dominik

Club: Rennsteiglaufverein LG Süd
Number: 202

Course: 12.70 km
Schneekopflauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 54:37

Speed: 13.18 km/h
Running performance: 4:18 min/km

Rank in course/Total: 5 (of 267)

Rank in course/Men: 5 (of 219)

Best time in course: 47:54

Rank in category: 1(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	2:48	3:29	1	-	2	0:10	0.80	2:48	3:29	1	-	2	0:10
oberhalb Alte Trä	5.50	24:34	4:28	1	-	4	3:29	6.30	27:22	4:20	1	-	4	3:39
Finish	6.40	27:15	4:15	1	-	5	3:04	12.70	54:37	4:18	1	-	5	6:43