



14. Schneekopflauf

Schmiedefeld - Schneekopf / 02.07.2016

Detailed evaluation

Friedrich, Marcel

Club: Schwallungen
Number: 31

Course: 12.70 km
Schneekopflauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:20:46

Speed: 8.91 km/h
Running performance: 6:22 min/km

Rank in course/Total: 176 (of 267)

Rank in course/Men: 161 (of 219)

Best time in course: 47:54

Rank in category: 27(of 35)

Best time in the category: 56:11

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	4:16	5:19	16	1:16	130	1:38	0.80	4:16	5:19	16	1:16	130	1:38
oberhalb Alte Trä	5.50	35:56	6:31	21	10:49	138	14:51	6.30	40:12	6:22	21	12:05	139	16:29
Finish	6.40	40:34	6:20	22	12:30	147	16:23	12.70	1:20:46	6:21	27	24:35	161	32:52