



14. Schneekopflauf

Schmiedefeld - Schneekopf / 02.07.2016

Detailed evaluation

Schmidt, Knut

Club: Bärfelser Säcke
Number: 213

Course: 12.70 km
Schneekopflauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:13:03

Speed: 9.86 km/h
Running performance: 5:45 min/km

Rank in course/Total: 116 (of 267)

Rank in course/Men: 111 (of 219)

Best time in course: 47:54

Rank in category: 15(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
tiefster Punkt	0.80	4:05	5:06	13	1:17	106	1:27	0.80	4:05	5:06	13	1:17	106	1:27
oberhalb Alte Trä	5.50	32:24	5:53	9	7:50	91	11:19	6.30	36:29	5:47	11	9:07	95	12:46
Finish	6.40	36:34	5:42	9	9:19	98	12:23	12.70	1:13:03	5:45	15	18:26	111	25:09