



14. Schneekopflauf

Schmiedefeld - Schneekopf / 02.07.2016

Detailed evaluation

Frenzel, Jürgen

Club: TuS Müschede 07
Number: 229

Course: 12.70 km
Schneekopflauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:18:39

Speed: 9.15 km/h
Running performance: 6:11 min/km

Rank in course/Total: 156 (of 267)

Rank in course/Men: 144 (of 219)

Best time in course: 47:54

Rank in category: 6(of 13)

Best time in the category: 1:04:42

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	4:17	5:21	7	1:02	132	1:39	0.80	4:17	5:21	7	1:02	132	1:39
oberhalb Alte Trä	5.50	36:05	6:33	6	7:09	142	15:00	6.30	40:22	6:24	6	8:11	141	16:39
Finish	6.40	38:17	5:58	5	5:46	121	14:06	12.70	1:18:39	6:11	6	13:57	144	30:45