



14. Schneekopflauf  
Schmiedefeld - Schneekopf / 02.07.2016

Detailed evaluation

Fröhlich, Matthias

Club: SC Kemmern  
Number: 236

Course: 12.70 km  
Schneekopflauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:01:48

Speed: 11.65 km/h  
Running performance: 4:52 min/km

Rank in course/Total: 31 (of 267)

Rank in course/Men: 30 (of 219)

Best time in course: 47:54

Rank in category: 10(of 35)

Best time in the category: 49:55

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	3:25	4:16	14	0:37	44	0:47	0.80	3:25	4:16	14	0:37	44	0:47
oberhalb Alte Trä	5.50	27:27	4:59	7	2:59	24	6:22	6.30	30:52	4:53	9	3:36	28	7:09
Finish	6.40	30:56	4:49	8	3:55	25	6:45	12.70	1:01:48	4:51	10	11:53	30	13:54