



14. Schneekopflauf  
Schmiedefeld - Schneekopf / 02.07.2016

Detailed evaluation

Raskob, Michael

Club: Wittenberg  
Number: 250

Course: 12.70 km  
Schneekopflauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:18:41

Speed: 9.15 km/h  
Running performance: 6:12 min/km

Rank in course/Total: 157 (of 267)

Rank in course/Men: 145 (of 219)

Best time in course: 47:54

Rank in category: 25(of 33)

Best time in the category: 59:27

Intermediate times

Stage score

Total ranking

| Control           | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                   |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| tiefster Punkt    | 0.80        | 4:04          | 5:04            | 19          | 1:07           | 101         | 1:26          | 0.80          | 4:04          | 5:04            | 19          | 1:07           | 101        | 1:26          |
| oberhalb Alte Trä | 5.50        | 35:19         | 6:25            | 23          | 9:10           | 131         | 14:14         | 6.30          | 39:23         | 6:15            | 23          | 10:06          | 128        | 15:40         |
| Finish            | 6.40        | 39:18         | 6:08            | 25          | 9:08           | 133         | 15:07         | 12.70         | 1:18:41       | 6:11            | 25          | 19:14          | 145        | 30:47         |