



14. Schneekopflauf

Schmiedefeld - Schneekopf / 02.07.2016

Detailed evaluation

Heß, Oliver

Club: Erfurt
Number: 36

Course: 12.70 km
Schneekopflauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:23:44

Speed: 8.60 km/h
Running performance: 6:35 min/km

Rank in course/Total: 199 (of 267)

Rank in course/Men: 179 (of 219)

Best time in course: 47:54

Rank in category: 32(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	5:08	6:25	33	2:20	196	2:30	0.80	5:08	6:25	33	2:20	196	2:30
oberhalb Alte Trä	5.50	37:23	6:47	30	12:55	155	16:18	6.30	42:31	6:44	30	15:15	160	18:48
Finish	6.40	41:13	6:26	29	14:12	151	17:02	12.70	1:23:44	6:35	32	33:49	178	35:50