



14. Schneekopflauf

Schmiedefeld - Schneekopf / 02.07.2016

Detailed evaluation

Prasser, Niels

Club: SG Motor Arnstadt

Number: 159

Course: 12.70 km

Schneekopflauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:12:54

Speed: 9.88 km/h

Running performance: 5:44 min/km

Rank in course/Total: 115 (of 267)

Rank in course/Men: 110 (of 219)

Best time in course: 47:54

Rank in category: 14(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.	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	3:39	4:33	5	0:51	62	1:01	0.80	3:39	4:33	5	0:51	62	1:01
oberhalb Alte Trä	5.50	31:20	5:41	6	6:46	74	10:15	6.30	34:59	5:33	6	7:37	71	11:16
Finish	6.40	37:55	5:55	13	10:40	115	13:44	12.70	1:12:54	5:44	14	18:17	110	25:00