



14. Schneekopflauf

Schmiedefeld - Schneekopf / 02.07.2016

Detailed evaluation

Kerst, Alexander

Club: WalschbergRunners
Number: 39

Course: 12.70 km
Schneekopflauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:04:13

Speed: 11.21 km/h
Running performance: 5:04 min/km

Rank in course/Total: 41 (of 267)

Rank in course/Men: 38 (of 219)

Best time in course: 47:54

Rank in category: 13(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
tiefster Punkt	0.80	3:17	4:06	10	0:29	36	0:39	0.80	3:17	4:06	10	0:29	36	0:39
oberhalb Alte Trä	5.50	28:48	5:14	12	4:20	35	7:43	6.30	32:05	5:05	12	4:49	34	8:22
Finish	6.40	32:08	5:01	14	5:07	37	7:57	12.70	1:04:13	5:03	13	14:18	38	16:19