



Thüringen Pokal 2017 und TRL  
Heyda / 09.09.2017

Detailed evaluation

Tröße, Lutz

Club: SV TU Ilmenau

Total time: 33:54

Running performance: 9:41 min/km

Course: 3.50 km / 11 Controls

Category:

H55 (Herren ab 55)

Rank in category: 3(of 8)

Best time in the category: 31:00

Behind: 2:54

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (57)	3:11	2	0:12	6.7	3:11	2	0:12	6.7
2 (38)	1:18	1	-	-	4:29	2	0:03	1.1
3 (36)	4:15	1	-	-	8:44	1	-	-
4 (35)	3:58	1	-	-	12:42	1	-	-
5 (50)	3:18	2	0:07	3.7	16:00	1	-	-
6 (34)	2:11	6	0:24	22.4	18:11	1	-	-
7 (42)	2:59	3	0:12	7.2	21:10	1	-	-
8 (39)	1:09	3	0:08	13.1	22:19	1	-	-
9 (40)	8:04	8	4:31	127.2	30:23	3	3:29	13.0
10 (49)	1:54	1	-	-	32:17	3	3:19	11.5
11 (99)	0:59	1	-	-	33:16	3	2:49	9.3
Finish	0:38	2	0:05	15.2	33:54	3	2:54	9.4