



Thüringer Ranglistenlauf Langstrecke
Erfurt / 21.10.2018

Detailed evaluation

Usbeck, Louis

Club: SV Handwerk Erfurt

Total time: 35:32

Running performance: 8:39 min/km

Course: 4.10 km / 15 Controls

Category:

H-16

Rank in category: 2(of 3)

Best time in the category: 33:00

Behind: 2:32

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (41)	1:35	2	0:02	2.2	1:35	2	0:02	2.2
2 (70)	1:22	1	-	-	2:57	2	0:01	0.6
3 (52)	1:21	1	-	-	4:18	1	-	-
4 (43)	1:30	1	-	-	5:48	1	-	-
5 (38)	3:54	2	3:54	-	9:42	2	9:42	-
6 (34)	1:13	1	-	-	10:55	1	-	-
7 (70)	2:51	1	-	-	13:46	1	-	-
8 (208)	2:00	2	2:00	-	15:46	1	-	-
9 (51)	2:27	2	2:27	-	18:13	1	-	-
10 (39)	3:05	1	-	-	21:18	1	-	-
11 (57)	3:37	2	3:37	-	24:55	1	-	-
12 (70)	3:45	2	0:41	22.3	28:40	2	0:39	2.3
13 (35)	4:02	2	1:35	64.6	32:42	2	2:14	7.3
14 (69)	1:40	2	0:10	11.1	34:22	2	2:24	7.5
15 (100)	0:53	2	0:12	29.3	35:15	2	2:36	8.0
Finish	0:17	1	-	-	35:32	2	2:32	7.7