



Thüringer Ranglistenlauf Langstrecke

Erfurt / 21.10.2018

Detailed evaluation

Elsner, Paul

Club: SV TU Ilmenau

Total time: 37:19

Running performance: 23:19 min/km

Course: 1.60 km / 9 Controls

Category:

H-10

Rank in category: 2(of 2)

Best time in the category: 32:15

Behind: 5:04

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (31)	3:46	1	-	-	3:46	1	-	-
2 (207)	5:16	2	3:27	189.9	9:02	2	2:31	38.6
3 (32)	3:44	1	-	-	12:46	1	-	-
4 (31)	3:15	2	2:17	236.2	16:01	2	1:44	12.1
5 (205)	6:03	1	-	-	22:04	2	0:08	0.6
6 (210)	3:50	2	1:58	105.4	25:54	2	2:06	8.8
7 (37)	1:17	1	-	-	27:11	2	0:29	1.8
8 (31)	4:36	2	2:12	91.7	31:47	2	2:41	9.2
9 (100)	5:11	2	2:21	82.9	36:58	2	5:02	15.8
Finish	0:21	2	0:02	10.5	37:19	2	5:04	15.7