



# Thüringer Ranglistenlauf Langstrecke

Erfurt / 21.10.2018

## Detailed evaluation

Gerlach, Karl-Eberhard

Club: USV Jena

Total time: 30:04

Running performance: 9:06 min/km

Course: 3.30 km / 12 Controls

Category:

Herren ab 55

Rank in category: 3(of 7)

Best time in the category: 29:02

Behind: 1:02

## Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (201)	1:42	1	-	-	1:42	1	-	-
2 (46)	1:06	1	-	-	2:48	1	-	-
3 (39)	2:48	5	2:48	-	5:36	1	-	-
4 (40)	0:56	1	-	-	6:32	1	-	-
5 (44)	2:58	2	2:58	-	9:30	1	-	-
6 (201)	3:14	4	1:11	57.7	12:44	1	-	-
7 (38)	3:12	5	3:12	-	15:56	1	-	-
8 (42)	2:17	4	2:17	-	18:13	1	-	-
9 (52)	3:24	3	3:24	-	21:37	2	0:03	0.2
10 (47)	4:06	6	4:06	-	25:43	3	25:43	-
11 (201)	2:18	3	2:18	-	28:01	5	28:01	-
12 (100)	1:40	4	0:17	20.5	29:41	4	1:04	3.7
Finish	0:23	3	0:03	15.0	30:04	3	1:02	3.6