



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

SCHMIDT, Steffen

Club: NORBERT
Number: 1088

Course: 5.00 km
5 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 26:36
Speed: 11.28 km/h
Running performance: 5:19 min/km
Rank in course/Total: 65 (of 232)
Rank in course/Men: 51 (of 136)
Best time in course: 18:55
Rank in category: 2(of 10)
Best time in the category: 23:08

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
Lap 1	0.50	2:36	5:12	5	0:29	65	1:03	0.50	2:36	5:12	5	0:29	65	1:03
Lap 2	4.00	21:38	5:24	2	3:11	49	6:07	4.50	24:14	5:23	2	3:14	53	7:10
Last lap Finish	0.50	2:22	4:44	2	0:14	49	0:32	5.00	26:36	5:19	2	3:28	51	7:41