



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Wurschi, Gunther

Club: SV Empor
Number: 1232

Course: 5.00 km
5 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 27:30
Speed: 10.91 km/h
Running performance: 5:30 min/km
Rank in course/Total: 91 (of 232)
Rank in course/Men: 72 (of 136)
Best time in course: 18:55
Rank in category: 4(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	2:47	5:33	6	0:40	91	1:14	0.50	2:47	5:33	6	0:40	91	1:14
Lap 2	4.00	22:13	5:33	4	3:46	64	6:42	4.50	25:00	5:33	4	4:00	68	7:56
Last lap Finish	0.50	2:30	5:00	3	0:22	76	0:40	5.00	27:30	5:30	4	4:22	72	8:35