



3Türmelauf

Bad Langensalza / 22.04.2018

Detailed evaluation

ICKSTADT, Günter

Club: Bad Langensalza

Number: 1014

Course: 5.00 km

5 km - Lauf

Category:

Senioren M65 (65-69 Jahre)

Total time: 29:12

Speed: 10.27 km/h

Running performance: 5:50 min/km

Rank in course/Total: 109 (of 232)

Rank in course/Men: 82 (of 136)

Best time in course: 18:55

Rank in category: 2(of 2)

Best time in the category: 26:05

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	km	Time			min/km	Pos Men	Behind Men
Lap 1	0.50	2:43	5:26	2	0:42	83	1:10	0.50	2:43	5:26	2	0:42	83	1:10
Lap 2	4.00	23:49	5:57	2	2:08	82	8:18	4.50	26:32	5:53	2	2:50	83	9:28
Last lap Finish	0.50	2:40	5:19	2	0:17	90	0:50	5.00	29:12	5:50	2	3:07	82	10:17