



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

TOUSSAINT, Michel

Club: Jesus-Haus Gemeinde e.V.
Number: 1074

Course: 5.00 km
5 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 29:22
Speed: 10.22 km/h
Running performance: 5:52 min/km
Rank in course/Total: 110 (of 232)
Rank in course/Men: 83 (of 136)
Best time in course: 18:55
Rank in category: 5(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	2:07	4:14	1	-	31	0:34	0.50	2:07	4:14	1	-	31	0:34
Lap 2	4.00	24:21	6:05	7	5:54	90	8:50	4.50	26:28	5:52	5	5:28	81	9:24
Last lap Finish	0.50	2:54	5:47	9	0:46	111	1:04	5.00	29:22	5:52	5	6:14	83	10:27