



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

SELLE, Klaus

Club: Kraftsportverein Blau Weis MHL
Number: 1079

Course: 5.00 km
5 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 30:10
Speed: 9.94 km/h
Running performance: 6:02 min/km
Rank in course/Total: 139 (of 232)
Rank in course/Men: 97 (of 136)
Best time in course: 18:55
Rank in category: 8(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	2:48	5:35	7	0:41	93	1:15	0.50	2:48	5:35	7	0:41	93	1:15
Lap 2	4.00	24:52	6:13	8	6:25	95	9:21	4.50	27:40	6:08	8	6:40	95	10:36
Last lap Finish	0.50	2:30	5:00	3	0:22	76	0:40	5.00	30:10	6:01	8	7:02	97	11:15