



3Türmelauf

Bad Langensalza / 22.04.2018

Detailed evaluation

SCHÄDLER, Holger

Club: RFV Drei Tannen Zimmern e.V.
Number: 1095

Course: 5.00 km
5 km - Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 29:50

Speed: 10.06 km/h

Running performance: 5:58 min/km

Rank in course/Total: 125 (of 232)

Rank in course/Men: 90 (of 136)

Best time in course: 18:55

Rank in category: 1(of 2)

Best time in the category: 29:50

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	Total km	Total Time			Total min/km	Pos Men	Behind Men
Lap 1	0.50	2:55	5:49	1	-	100	1:22	0.50	2:55	5:49	1	-	100	1:22
Lap 2	4.00	24:08	6:01	1	-	87	8:37	4.50	27:03	6:00	1	-	88	9:59
Last lap Finish	0.50	2:47	5:33	1	-	101	0:57	5.00	29:50	5:58	1	-	90	10:55