



3Türmelauf

Bad Langensalza / 22.04.2018

Detailed evaluation

LIERSCH, Heiko

Club: FSV Preußen

Number: 1057

Course: 5.00 km

5 km - Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 31:20

Speed: 9.57 km/h

Running performance: 6:16 min/km

Rank in course/Total: 160 (of 232)

Rank in course/Men: 107 (of 136)

Best time in course: 18:55

Rank in category: 10(of 11)

Best time in the category: 25:13

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	0.50	3:02	6:03	11	0:58	115	1:29	0.50	3:02	6:03	11	0:58	115	1:29	
Lap 2	4.00	25:26	6:21	10	5:13	107	9:55	4.50	28:28	6:19	10	5:33	107	11:24	
Last lap Finish	0.50	2:52	5:44	10	0:34	108	1:02	5.00	31:20	6:15	10	6:07	107	12:25	