



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Hellmundt, Silvia

Club: MC BAD LANGENSALZUTHOVEN EV
Number: 1257

Course: 5.00 km
5 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 33:19

Speed: 9.00 km/h
Running performance: 6:40 min/km

Rank in course/Total: 185 (of 232)

Rank in course/Men: 117 (of 136)

Best time in course: 18:55

Rank in category: 4(of 5)

Best time in the category: 25:42

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	3:03	6:05	3	0:49	116	1:30	0.50	3:03	6:05	3	0:49	116	1:30
Lap 2	4.00	27:01	6:45	4	6:05	117	11:30	4.50	30:04	6:40	4	6:43	117	13:00
Last lap Finish	0.50	3:15	6:30	5	0:54	124	1:25	5.00	33:19	6:39	4	7:37	117	14:24