



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

HAUN, Burkhard

Club: Bad Langensalza
Number: 1015

Course: 5.00 km
5 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 33:30

Speed: 8.96 km/h
Running performance: 6:42 min/km

Rank in course/Total: 188 (of 232)

Rank in course/Men: 119 (of 136)

Best time in course: 18:55

Rank in category: 3(of 4)

Best time in the category: 24:32

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	4	1:12	116	1:30	0.50	3:03	6:05	4	1:12	116	1:30
Lap 2	4.00	27:14	6:48	3	6:55	119	11:43	4.50	30:17	6:43	3	8:07	118	13:13
Last lap Finish	0.50	3:13	6:26	3	0:51	123	1:23	5.00	33:30	6:42	3	8:58	119	14:35